







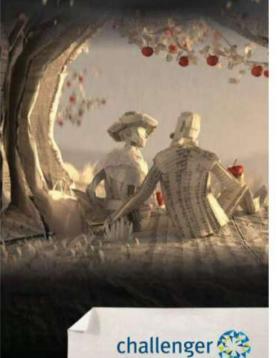
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## 18611/0915



## editor's letter

Merry early, wonderful, glorious, exciting, thrilling Christmas! Yes, it's here again! And we're here too, to share it with you in all its amazingness!

Have you even really put away last vear's decorations, much less fully prepared for this season? It's the story of our Christmas lives, is it not? But to make it as beautiful as possible for you, we've been working like mad things to make your silly season something truly special again this year. It's our annual mission!

So, to begin, just swing back to the front and have a look at our cover stars. Meet the little people and lovely decos you can easily make to add a real zing on the day especially for the important folk, the people you love, but also for those you want to impress. (And aren't there a bunch of those? Mothers-in-law, smarty friends and really efficient mums at the school!) We've mixed it up so there are simple but stunning items for the sophisticated and then wondrous small characters for those who go crazy for cutesies. But they've all been created to give as much happiness and joy as they possibly can, because nothing beats a smiley face at Christmas.

And on the subject of happiness and joy, we've also included a mix of designs for you to colour and display as is, or create gorgeous makes with. What a special gift from your heart they are! But the very pastime of colouring gives you a peacefulness and mindfulness that has turned this activity into a huge craze. It's our happiness and joy to contribute to that activity for you. If you haven't tried it, you have an extraordinary experience ahead. But we're also mindful of those of you who'll love the black-and-white designs, stunning just as they are. And they, too, are exquisite!

Our real intention, however, is to make you the host with the most on the day. So take a trip through the food pages and make a selection that gives you the greatest pleasure to serve. Hard to go past the big finale desserts for me! But luckily, we all have plenty of time to choose easily and well! So early season's greetings to you from us and enjoy the rest of this lovely, lovely issue.





The hot favourite of showstopping Christmas desserts for the big finale, page 44.



With time ahead, you can choose from pages of beautiful ideas to hand-make for your people. Then take time out for yourself and colour in for your own pleasure, page 20.

Subscribe now for big savings and more. See page 256 or call 1300 301 567.



\*Starts 12.00am AEST 1/9/15. Ends 11.59pm AEDST 29/2/16. Open to Aust. resident homeowners 18+ who spend min. \$200 on COLORBOND\* steel product/s for residential property they own b/w 1/5/15 - 29/2/16. Strict eligibility req. apply for purchase/s incl. roof purchases, see T&Cs. Keep receipt/s. Max 1 entry/person. Draws at 2pm, B6, 41-43 Bourke Rd, Alexandria, NSW 2015. Major Draw: 1/3/16. Major Draw Prize - \$100K. 1 draw for each State/Territory (8 total) each promo. mth ("State Mthly Draws"). State Mthly Draws: 1st Tues. each month Oct 15 - Mar 16. State Mthly Draw Prize (1 per draw): \$2K. Winners in The Australian 11/3/16 (Major Draw Winners); & 3rd Friday after each State Mthly Draw (State Mthly Draw Winners). Full terms at COLORBOND.COM/GENUWIN/TERMS. NSW LTPS/15/05606. ACT TP15/06610. SA T15/1212. COLORBOND.COM/GENUWIN/TERMS. NSW LTPS/15/05606. ACT TP15/06610. SA T15/1212. COLORBOND.COM/GENUWIN/TERMS. NSW LTPS/15/05606. ACT TP15/06610. SA T15/1212. COLORBOND.COM/GENUWIN/TERMS. NSW LTPS/15/06006. ACT TP15/06610. SA T15/1212. COLORBOND.COM/GENUWIN/TERMS. NSW LTPS/15/1212. COLORBOND.COM/GENUWIN/TERMS. NSW LTPS/15/1212. COLORBOND.COM/GENUWIN/TERMS. NSW LTPS/15/1212. COLORBOND.COM/



# If you can't stand the heat...



'Stay out of the kitchen', the old saying goes.

But on a stuffy summer's night, you don't feel the heat in the kitchen. You feel it most in the bedrooms. That hot stale air makes it feel like you're trapped in an oven. It's the perfect recipe for an uncomfortable night's sleep and tired, moody mornings.



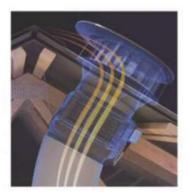
## Win 1 of 3 Family Travel Packages valued at \$4,000 each



Odyssey is the smart way to get away from the heat this summer. By entering the promotion, you could win a fantastic Family Holiday. You could choose to explore Australia or head overseas.

For your chance to win this summer's coolest prize giveaway, simply visit **www.odyssey.com.au/holiday** and tell us in 25 words or less how Odyssey can make you more comfortable this summer.

TERMS & CONDITIONS: Visit www.odyssey.com.au/holiday for full terms & conditions. Entrants must be 18+. Competition opens 15/10/15 09:00 AEST & closes 30/11/15 17:00 AEDT. Winners judged at Promoter's premises 9/12/15 at 11:00 AEST. Winners notified by mail. Total Prize value is \$12,000. The Promoter is CSR Edmonds, 10 Stanton Road, Seven Hills, 2147 – ABN 55008631356.



## Your breath of fresh air

You can escape the heat this summer by installing an Odyssey air exchange system. Using award-winning technology, it replaces the air in your home 4-5 times an hour, taking with it all that oppressive heat radiating from the walls, roof space and fabric of your home. In its place, a constant flow of cool, fresh evening air from outside.

By improving the quality of air in your home, Odyssey can help those suffering from asthma and allergies. In fact, Odyssey is a proud partner with the National Asthma Council Australia's Sensitive Choice® program, improving the quality of life for those with asthma and allergies.

## Now even easier to control







The new touchpad control panel is connected to sensors, which continually monitor the internal and external temperatures and humidity. The system then uses this information to maintain comfortable living conditions inside. With a touch of the screen, you can adjust the system at any time. You can also access 2 years' worth of stored temperature data to see how your system has performed.

## Odyssey costs around \$35 a year to run\*

Odyssey takes advantage of natural temperature differences to exchange the air in your house with cool air from outside. The system uses very little energy, making it extremely low-cost to run. So, you'll be able to sleep easier knowing you're reducing your impact on the environment and your finances.

\*Based on a running cost of 28c per kW/h on a single Odyssey system.







BETTER HOMES AND GARDENS®, VOL 38, NO 12

December 2015

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Photography Andre Martin; styling Lisa Hilton; project Kim Davies; Immediate Media Limited

Get your bells jingling this Christmas!



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## what's on ty

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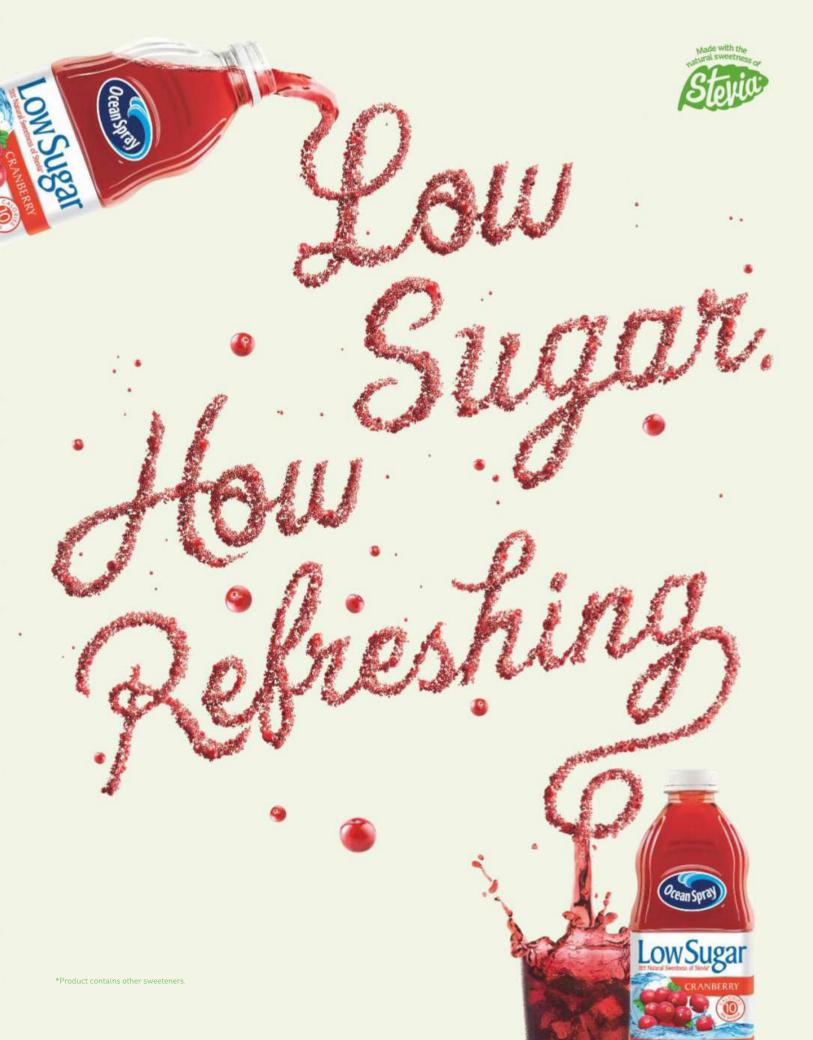
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  - Yorkshire puddings with rare beef and horseradish cream; crab cakes on a stick
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## Order your kit and accessories

To order any of the products below, visit bhgshop.com.au or call 1300 745 898 and quote the relevant code.

## Shale Slice quilt kit

\$89.99 + P&H\*
CODE: GL7009

## Kit includes:

- Quilt top fabrics (100% cotton)
- Binding fabric (100% cotton)
- Pattern instructions for finished quilt size 70 x 84 inch (178 x 214cm), suitable for double or queen-size bed





## Plus you can also buy

## Shale Slice backing fabric

\$35.99 + P&H\* CODE: GL7009.BACK

2.4 x 2m Backing fabric (100% cotton)



## **Cotton batting**

\$53.95 + P&H\* CODE: NL4212

■ Sew Easy Cosy Cotton batting queen-size 84 x 100 inch (213 x 254cm)



## Quilter's accessories kit

\$88 + P&H\* CODE: PW.73

## Kit includes:

- Double-sided cutting mat, 600 x 450mm
- 45mm rotary cutter
- Wipe off fabric marker
- Patchwork ruler, 24 x 6.5 inch
- Patchwork carry tote with pockets



## gotta love a Buy the kit and piece together this gorgeous

geometric patchwork



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## Colour a votive wrap

2. Create your own dazzling 'candlescape'. After colouring in your picture, lay it facedown on a clean surface. Roll a glass votive across the wrong side, tracing the top and bottom of the glass with a pencil as you roll. Cut along each arc. To let the candle shine through, cut away sections of the design with a craft knife then join around the glass with double-sided tape.

## Put 'em on display

3. As your portfolio grows, show it off so others can enjoy your work too. Seal by spraying with artists' fixative and mount onto lightweight foam board or, for a longer-lasting display, behind glass in an appealing white frame.

## These cards suit any occasion

4. And mean so much more because they're handmade. Colour your design then mount onto coloured card. Personally delivered cards can be cut to any size - for mailing, you'll find it easier to find an envelope to fit if you crop to a standard card size.

> For shopping details see Stockists page









crafts

## Right frame of mind

**6.** A selection of the illustrations have a border in the design, making them perfect for framing. Colour it

them perfect for framing. Colour it, then mount the finished design onto coloured card to bring the overall dimension to a standard frame size.

## Good things to come

**7. Little packages look best** in hand-coloured paper – and let them know it was wrapped with love.

## Wreath update

8. Traditional needles and foliage sing when adorned with this bird design. To make it, colour, mount on card, cut out and affix to your choice of wreath. Use the coloured-in offcuts to make these pretty picks. Trace around coins or save time with a circle punch to make uniform circles then adhere two to either side of a thin wire stem with double-sided tape. Twist the ends of five or six finished picks together and poke into a wreath or floral arrangement. Other ideas: use to decorate the bow on gifts or add pizzazz to tree decorations.

For shopping details, see Stockists page



## ready, set colour

Here's a brilliant array of colouring techniques to try

The perfect pencils, for you Use what you have on hand or wander into an art supplies store for a bigger range of colours and pencil effects. A good store will sell a few brands of sets as well as individual pencils, and let you test the options to find the softness and

## Try these quick pencil tips

colour intensity you prefer.

Test out pencils on a spare sheet of paper first. The colours they produce can be quite different to the appearance of their lead.

Select your colours for a particular project and separate them from the rest of your pencils to make them easier to find quickly.

Start with the lightest Start with the solution of a colour to fill a zone, then add details or accents over the top with a stronger, darker application of the same colour.



Using a white pencil over another colour lightens the colour, giving you more colour variations to work into your piece.

Clear and waxy, a blender pencil used over the top of colours will soften the edges and bring colours to life.

**Create glossy shine** on dramatic opaque colour by using a heavier hand when colouring, then finishing with a burnishing pencil.

Take your colour fun further by delving into books, websites and YouTube clips to fuel your creativity. They cover everything from crosshatching techniques to drawing your own designs.

> or shopping details see Stockists page









## Style it in black and white

10. Create without colouring by painting a canvas with acrylic craft paint. Cut out design and glue onto foam board. Now cut out design on board. Glue a piece of white card onto centre of canvas. Glue a contrasting-colour card onto centre of white. Glue design to centre of card. Another cool variation: cut the silhouette of a design in a rectangle of red card, layer it and frame it.

## Box up a treat

11. Fun to make and give. Transfer box template diagram and glue onto card. Cut out. Transferring all markings, trace template onto wrong side of colouring paper (or card stock). Cut out shape then make valley (indicated by dashed lines) and mountain (interrupted lines) folds, and assemble your box. To complete, slot opposite lid sections together.

Template on page 246

## String up mini-bunting

**12.** Cut paper into elongated diamonds. Slightly trim the sides where they will fold in half. Crease each diamond in half and secure to string with double-sided tape.

## Present a taggerrific gift

**13. Finish off gorgeous wrap** and ribbon with a handmade tag. Cut your own shape or get the look we made with a tag punch.







29



## **Card showcase**

**14. With designs** as detailed as these, choose just a single element to feature on red card. Cut it out with sharp scissors, turning the paper rather than your hand as you work.

## Push the envelope

15. Transfer envelope template diagram and glue onto card. Trace onto wrong side of paper. Cut out and score along fold lines. Crease folds and secure sides to bottom flap with double-sided tape. Cut a piece of card to fit inside. Then write a message and give it to your sweetie!

Template on page 246

Handmade cards are beaut, and handmade envelopes top them off

For shopping details, see Stockists page





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urn on your twinkling lights, start making your lists – Christmas is nearly here! With friendly faces to hang in your tree and decorate your gifts, these cuties are just the beginning of the season's preparations. Make them, then display throughout the season or gift to your nearest and dearest to share the joy!



## Reindeer magic

2. Straight from the North Pole, this felt deer is a simple sewing project. Make him in red or any other colour to match your tree, then create a bunch more to complete the herd.

Full instructions on page 235

## What a doll!

3. Flexible and sturdy, this splendid character is easier to make than you think. Buy a timber bendy doll, paint the face, hands and shoes then wrap wired limbs in thread. Wrap the timber body in yarn, then cut a felt scarf and knit a red hood.

Full instructions on page 237

For project supplies, see Stockists page







Handmade decos mean so much more. Mep, much better than store-bought

#### **Mrs Mouse**

6. Twas the night before Christmas... and this little lady knows there is still plenty to do! The template for her body is unisex so you can easily decorate with cute and tiny outfits to make your mouse a Mr or Mrs!

Full instructions on page 241

#### Santa is coming

7. The countdown to Christmas is on! To make Santa, start with a papier-mâché bauble, paint with red, skin tone and white. Sprinkle on red glitter for his hat and white glitter for his beard. Cut felt details. The black eyes and big red nose are modelling clay but you could use wooden beads or buttons!

Full instructions on page 244

For shopping details, see Stockists page



seasonal crafts

## Wooden IT BE

Buy these exclusive timber decorations to adorn the tree or add a traditional Nordic theme to gifts and table settings

# **Best setting** 1. Classic cloth napkins in rich red dressed with timber shapes make any gathering a special

#### **Greetings from us**

2. Thread a timber tree ornament with ribbon and attach to a coloured card. Match with a bow.

#### Stencil in seconds

**3. Add a sense of occasion** to your fruit cake, baked or bought: use a timber ornament as a stencil and dust liberally with icing sugar.

#### Gift topper

**4. For the finishing touch** on your gifts, tie timber decorations to the presents under your tree. Got to love a coordinated display!

#### **Tree love**

**5. Forget the bling,** hang a handful of timber shapes on a small tree. To add festive Scandi colour, use a brush to paint the decorations with red acrylic craft paint.

#### Buy your exclusive 24-piece set

Designed exclusively for Better Homes and Gardens readers, each set of wooden decorations includes four designs (six pieces of each design). Simply thread with twine or ribbon (not included) and they're ready to hang on your tree.

#### How to order

■ Visit bhgshop.com.au or phone 1300 745 898. The set costs \$19.95, including postage and handling. Delivery within Australia only, while stocks last. Please allow 14 days for delivery.















# Thrill your loved ones with colourful tite-size morsels. They're so easy to make!

#### Tropical white chocolate bark

Packed with cranberries, pistachios, pineapple and papaya, this is a summer taste sensation.

Grease a 20cm square cake tin with cooking oil spray and line base and sides with baking paper. Spoon 400g melted white chocolate into tin and smooth surface. Scatter over ½ cup dried cranberries, ½ cup roughly chopped pistachios, ½ cup finely chopped dried pineapple wedges and ½ cup finely chopped dried papaya chunks. Set aside for 1 hour or until chocolate is firmly set. Cut into rectangles or squares. Stack, tie with a bow and serve or gift.

Makes 16









#### Reindeer shortbread

**STEP 1** To make reindeer, make 1 quantity of 'Lime Shortbread Letters' dough (see recipe on page 82), omitting lime zest. Roll out dough to 5mm thick. Use a 9.5 x 7cm gingerbread man cookie cutter to cut out 12 shapes, re-rolling dough as necessary. Arrange on baking trays with heads facing towards you.

**STEP 2** Use pinky finger to make a small indent at end of each arm.

STEP 3 Pinch arm ends to create pointed reindeer ears. Bake following 'Lime Shortbread Letters' recipe. STEP 4 To decorate, dip gingerbread heads into ½ cup of melted milk chocolate, using a teaspoon to help spread chocolate. Return to trays. STEP 5 Use peppermint lollies to create eyes and Jaffas for the nose. Set aside for 30 minutes or until chocolate has set.

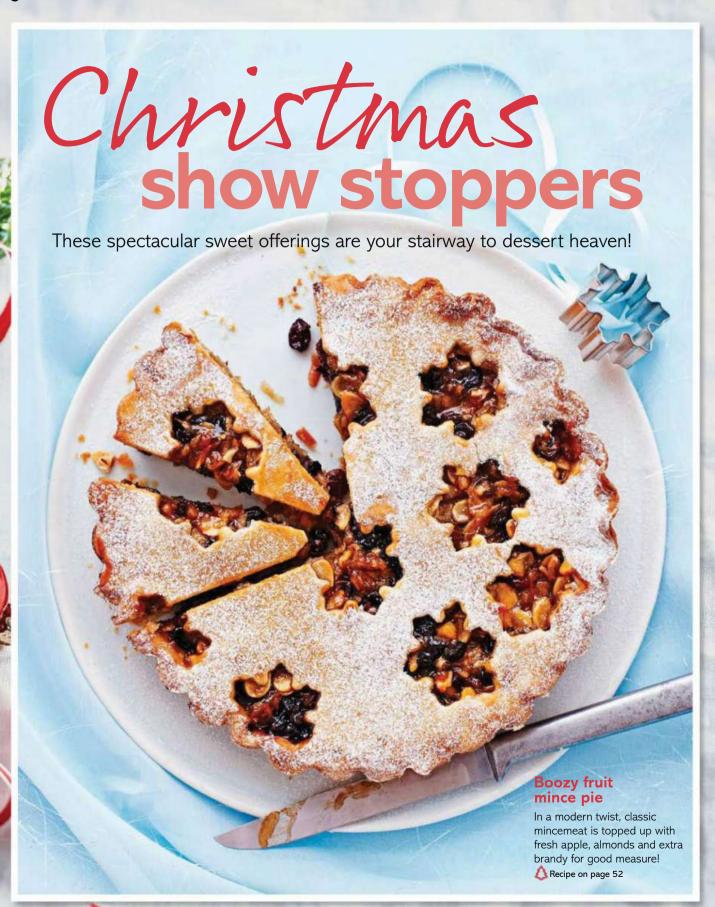
**STEP 6** Pipe melted dark chocolate on eyes to create pupils. Pipe chocolate onto legs as antlers, then set aside for a further 30 minutes or until chocolate has set. Serve.

Makes 12













#### Christmas cake

Densely packed with dried fruit, aromatic spices, chopped almonds and a hint of liqueur, a small slice of this cake will go a long way. A Recipe on page 54

## Espresso tart with hazelnut pastry and Kahlúa cream

Coffee lovers of the world rejoice! The chocolate espresso filling is matched with almond pastry and a Kahlúa-cream topping.

Recipe on page 54





#### Dulce de leche cake with pepita brittle

Preparation time: 30 mins Cooking time: 1 hour 25 mins

Serves 12

250g unsalted butter, plus extra to grease

1 cup caster sugar

1 tsp vanilla extract

5 eggs

1/4 cup Greek yoghurt

2 cups self-raising flour

#### **BUTTERCREAM**

160g butter, chopped

11/4 cups icing sugar mixture

<sup>3</sup>/<sub>4</sub> cup dulce de leche or caramel sauce (see recipe page 48)

#### BRITTLE

3/4 cup caster sugar

1 Tbsp water

50g pepitas

1 Preheat oven to 160°C. Grease a 22cm springform tin with butter and line with baking paper.

**2 Put butter,** sugar and vanilla in the bowl of an electric mixer and beat on high until light and fluffy. Add eggs, beating in 1 at a time, then beat in yoghurt. Fold in flour, then spoon into prepared tin. Bake for 1 hour 20 minutes or until cooked when tested with a skewer. Cool for 5 minutes, then turn out onto a wire rack to cool completely.

**3 To make buttercream**, put butter in the bowl of an electric mixer and beat until very pale and fluffy. Gradually beat in icing

sugar and 1/2 of the dulce de leche.

**4 Split cake in half horizontally.** Spread cut side of one half with ½ of the buttercream. Drizzle over some dulce de leche, then top with other cake half. Spread over remaining buttercream.

5 To make brittle, line an oven tray with baking paper. Put sugar and water in a small saucepan over a medium heat and cook, stirring, until sugar has dissolved. When golden, stop stirring and swirl pan to keep colour even. Add pepitas, then pour onto prepared tray. Using a palette knife, spread out in a thin layer. Once cooled and set, break into shards and use to decorate cake. Serve with remaining dulce de leche on the side.

Typ Buy dulce de leche at specialty food stores.

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### Imbrace warm sunny days with fresh and juicy summer berries

#### Raspberry honeycomb pie

Keep your cool with an easy no-bake pie filled with icecream, fresh raspberries and chunks of honeycomb.

#### Raspberry honeycomb pie

Preparation time: 30 mins plus 30 mins chilling, 4 hours freezing Cooking time: 5 mins Serves 12

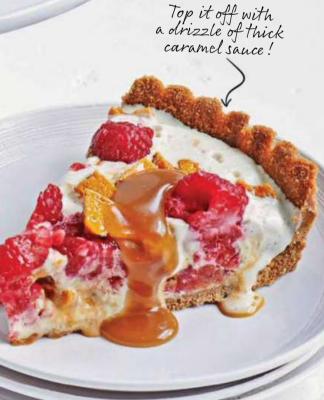
250g packet malt or plain biscuits 85g butter, melted, plus extra to grease 500ml vanilla ice-cream 400g raspberries 140g honeycomb (see recipe page 52), broken up

CARAMEL SAUCE 150ml double cream ½ cup brown sugar 75g butter, chopped Pinch of sea-salt flakes

1 Pulse biscuits in a food processor until fine crumbs form. Add butter, pulsing to combine. Grease and line a 22cm loose-bottomed fluted tart tin

and line with baking paper. Press crumb mix into base and sides of tin. Place in fridge for 30 minutes to chill. 2 Remove ice-cream from freezer 20 minutes before ready to use. Reserving a handful, put raspberries in a large bowl and lightly crush 1/2 with back of a fork until juicy. Put softened icecream in a separate large bowl and mash with back of a spoon. Add raspberries and 1/2 of honeycomb to icecream, then ripple together with fork. 3 Spoon ice-cream mixture into tart case, smoothing out to edges. Top with reserved raspberries and remaining honeycomb, pushing a little into ice-cream layer. Freeze for 4 hours or until frozen solid. 4 To make caramel sauce, put

cream, sugar, butter and salt in a saucepan over a medium heat and bring to a simmer. Simmer for 5 minutes or until thickened. Cool before serving with slices of pie.



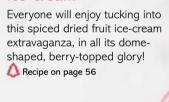


#### Raspberry and coconut trifle cake

The classic raspberries and cream combo has never tasted better! Layers of soft sponge and custard with a hint of coconut seal the deal.

A Recipe on page 56







Tiramisu quite literally means 'a pick me up'. One of Italy's most popular desserts, Tiramisu's bold flavours of cocoa, espresso and liqueur soak together into sweet Italian sponge finger biscuits.

## for you to Know!

#### **Orange tiramisu**

Quick and easy to prepare, this is a fantastic last-minute dessert option that doesn't compromise on flavour.

Recipe on page 230

#### Fruit and nut Christmas pudding loaf

The loaf shape makes this pudding easy to slice and serve, and takes less time to cook than a steamed one.

Recipe on page 230

Break with tradition this year and serve up a light and fluffy tiramisu!









#### Boozy fruit mince pie

Preparation time: 30 mins plus 20 mins chilling Cooking time: 40 mins Serves 10-12

2 cups plain flour, plus extra to dust 1/4 cup icing sugar mixture 150g butter, chopped, chilled 1/3 cup water, chilled 1 egg, beaten 2 Tbsp almond meal 400g fruit mince 1 apple, peeled, coarsely grated 3/4 cup flaked almonds 2 Tbsp brandy Icing sugar, to dust

1 Put flour, icing sugar and butter in the bowl of a food processor, processing to combine. Pulse in short bursts, adding water a little at a time, until mixture comes together and resembles breadcrumbs. Shape into a ball, wrap in plastic wrap and refrigerate for 20 minutes.

2 Preheat oven to 180°C. Grease a 22cm loose-bottom fluted pie tart tin. Cut off 1/3 of the pastry, and set aside. Roll out larger portion on a lightly floured surface to 5mm thick, then use to line tin, trimming 1cm above rim and folding inwards all the way around. Brush pastry with a little beaten egg. 3 Roll out reserved pastry and cut into a 22cm circle to create pie lid. Using a small snow flake-shaped cutter, cut out and remove some shapes, reserving for another use.

4 Sprinkle pastry base with almond meal. Put fruit mince, apple, almonds, brandy and most of the remaining egg in a bowl, stirring with a wooden spoon to combine. Spoon mixture into pastry base and smooth down surface. Place

lid on top of filling, firmly pressing down onto folded edges, trimming to fit. Brush with remaining egg.

5 Bake for 40 minutes or until pastry is golden and cooked through. Remove pie from tin, allow to cool slightly, then serve dusted with icing sugar.

#### Malted chocolate sponge and honeycomb cake

Preparation time: 2 hrs Cooking time: 1 hr Serves 20-25

375g unsalted butter, chopped softened, plus extra for greasing 2 cups caster sugar 6 large eggs 3 cups plain flour 1/4 cup malted milk powder 4 tsp baking powder Sea-salt flakes, to season 3/4 cup natural yoghurt 2 tsp vanilla extract 1/4 cup cocoa powder 100g dark chocolate, melted 100ml boiling water Maltesers, to decorate

#### **HONEYCOMB** Butter, for greasing 1 cup caster sugar ⅓ cup golden syrup

2 tsp bicarbonate of soda

#### **ICING**

250g salted butter, softened 5 cups icing sugar 1/4 cup malted milk powder 1 tsp vanilla extract 250g cream cheese, softened

#### **GANACHE**

100g dark chocolate, finely chopped ⅓ cup double cream

1 Preheat oven to 180°C. To make malt sponges, grease 2 x 20cm cake tins with butter and line bases with baking paper. Put 200g butter and 1/2 of the sugar in the bowl of an electric mixer and beat until pale and fluffy. Add 3 eggs, one at a time, beating well between each addition. Sift in 1/2 of the flour, malted milk powder, 1/2 of the baking powder and pinch of salt, folding mixture together. Add 1/2 cup of yoghurt and vanilla extract, stirring to combine. Divide mixture among prepared tins, levelling tops. Bake on middle shelf for 30 minutes or until cooked when tested with a skewer. Cool for 10 minutes in tins, then peel off baking paper and transfer to wire rack to cool completely. Wash tins, ready to use for next step. 2 To make chocolate sponges, grease and line base of tins as before. Put remaining butter and sugar in same bowl of electric mixer (no need to wash) and beat until pale and fluffy. Add remaining eggs, one at a time, mixing to combine. Sift in remaining flour, baking powder, cocoa and pinch of salt, folding to combine. Add remaining yoghurt, melted chocolate and water, stirring to combine. Divide mixture among prepared tins and bake for 30 minutes or until cooked when tested with a skewer. Cool in tins for 10 minutes, then peel off baking paper and transfer to wire rack to cool completely.

3 To make honevcomb, grease an oven tray with a little butter. Put sugar and golden syrup in a large saucepan over a medium heat and allow to dissolve without stirring. When golden brown, add bicarb, quickly stirring into syrup. Pour foaming mixture onto prepared tray, then set aside for 30 minutes to cool and firm up.

4 To make icing, put butter, ½ of the icing sugar, malt and vanilla in the bowl of an electric mixer and beat until smooth. Add remaining icing sugar and cream cheese, beating to combine. Don't overmix or icing may become runny.

5 Put one of the sponges on a cake stand or cake board, sticking it down with a little icing. Alternating between malt and chocolate sponges and using 1/4 of the icing, stack remaining sponges, putting final sponge on top flat-side up. Using a palette knife, cover entire cake with a thin layer of icing, filling any gaps between sponges. (This is the 'crumb coat' and ensures the final layer is crumb-free). Put cake in fridge for 30 minutes to firm up icing.

6 Pile remaining icing on top of cake. Using a palette knife, ease over edge and down sides to completely cover. Make icing as smooth or rough as you like. Chill for another 30 minutes. >





## Orange blossom and pomegranate cake

This stunning fruit bake has a whole orange whizzed through it and is topped with pomegranate syrup.

• Recipe on page 231





Espresso tart with Kahlúa

7 Meanwhile, to make ganache, put dark chocolate in a large bowl. Put cream in a small saucepan and heat over a medium heat until just simmering. Pour cream onto chocolate and set aside for 10 minutes or until chocolate melts. Stir until glossy, then

should be pourable but not too runny. 8 Spoon ganache over cake, covering top and encouraging it to drizzle down sides.

set aside to firm up a little. Ganache

9 Break honeycomb into tall shards and stack on top of cake. Decorate top with whole and halved Maltesers, adding a few around the base with honeycomb crumbs. Serve.

Tim You can bake the sponges two days in advance. Once cool, wrap tightly in plastic wrap and store or freeze for up to a month. The icing and honeycomb can also be made in advance. Store icing in fridge and take out an hour before using, beating to bring back to life. Make the honeycomb up to a week in advance and store in an airtight container.

#### Christmas cake

Preparation time: 20 mins Cooking time: 3 hours, plus overnight setting Serves 10

280g butter, chopped, softened, plus extra to grease 1/2 cup mixed candied peel, diced 1/2 cup chopped glacé cherries 2 cups currants

- 1 cup sultanas
- 1 cup raisins
- 3 cups plain flour
- 2 Tbsp rum or brandy
- 1 Tbsp treacle

1 1/4 cups brown sugar 1 tsp ground mixed spice 1/2 tsp ground nutmeg 1 tsp ground cinnamon 1 pinch ground cloves 1/2 tsp fine salt 3/4 cup roughly chopped blanched almonds Finely grated zest of 1 orange 1 Tbsp orange marmalade

#### ICING

3 egg whites 4 cups icing sugar mixture Edible gold and silver flakes, to decorate

1 Preheat oven to 150°C. Grease a 20cm round deep cake tin and line base and sides with baking paper with paper extending 5cm above rim of tin. Wrap brown paper around outside of tin to come 5cm above the rim and secure with string.

2 Put candied peel, cherries, currants, sultanas and raisins in a large bowl. Stir in 1 Tbsp of the flour to lightly coat fruit.

3 Whisk eggs in a large bowl. Put alcohol and treacle in a small jug, mixing to combine. Stir into eggs.

4 Put butter and sugar in the bowl of an electric mixer and beat on high until soft and creamy. Gradually add egg mixture, adding a spoonful of flour after each addition. Sift in remaining flour, spices and salt, mixing well to combine.

5 Add coated fruit, almonds, zest and marmalade, stirring to combine. 6 Spoon mixture into prepared tin and bake for 11/2 hours. Reduce oven temperature to 140°C and cook for a further 11/2 hours or until top is firm and cake is cooked through. If top is browning too quickly, cover with double thickness of non-stick baking paper. Cool cake in tin for 15 minutes, then place on a wire rack to cool completely.

7 To make icing, put egg whites in the bowl of an electric mixer and beat until soft peaks form. Gradually sift in icing sugar, beating until thick and glossy. Spread icing all over cake, swirling into peaks to create a

snowy effect. Sprinkle gold and silver flakes over the top to decorate, then leave cake to set overnight before serving.

#### Espresso tart with hazelnut pastry and Kahlúa cream

Preparation time: 30 mins plus 30 mins chilling and 1 hour setting Cooking time: 25 mins Serves 8

1 cup plain flour, plus extra for dusting

1/2 cup hazelnut meal

2 Tbsp caster sugar

100g chopped butter, chilled

- 1 egg, separated
- 1 Tbsp brown sugar
- 1 Tbsp instant coffee grounds
- 425ml double cream
- 200g dark chocolate, chopped 50g butter, softened
- 21/2 Tbsp Kahlúa liqueur
- 1 Tbsp icing sugar mixture Cocoa, to dust

1 Put flour, hazelnut and caster sugar in bowl of a food processor, pulsing to combine. Add cold butter, processing until mixture resembles breadcrumbs. Add egg yolk, pulsing until rough dough forms (add 1 Tbsp of very cold water, if needed).

2 Bring dough together with your hands and knead briefly on a lightly floured surface. Roll out, then line a 3.5 x 12cm tart tin, leaving some pastry sticking up over sides of tin. Put in fridge for 30 minutes.

3 Preheat oven to 190°C. Line pastry case with baking paper and uncooked beans or rice and bake for 20 minutes or until just golden. Remove paper and beans, brush with egg white and bake for another 5 minutes. Trim off excess pastry and set aside to cool completely.

4 Meanwhile, put brown sugar, coffee grounds and 300ml of the cream in a medium saucepan over a medium heat and cook until sugar has dissolved and mixture is hot. Put chocolate and butter in a large bowl, then pour espresso mixture over, stirring until chocolate and butter has melted. Whisk in 2 Tbsp Kahlúa, then > PINEN



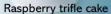






For the shinlest surfaces
In Seconds







pour mixture into tart and put in refrigerator for 1 hour or until set. 5 Put icing sugar, remaining cream and Kahlúa in a bowl and whisk by hand until soft peaks form. Spoon into a pastry bag with a 2cm-round nozzle and pipe small dots on top of tart. Serve dusted with cocoa.

#### Raspberry and coconut trifle cake

Preparation time: 30 mins, plus 4 hours chilling Cooking time: 45 mins Serves 12

Melted butter, to grease 200g butter 1 cup caster sugar 1/2 cup moist coconut flakes 1 1/₃ cups self-raising flour 1 tsp baking powder 4 eggs 1 Tbsp milk

200ml coconut cream

#### **FILLING**

1 Tbsp corn flour 1/4 cup icing sugar mixture 600ml thick vanilla custard 80ml white rum Finely grated zest and juice of 300g frozen raspberries, thawed 11/4 cups raspberry jam 150ml double cream Shredded coconut, to serve

1 Preheat oven to 180°C. Grease a 20cm springform tin and line base and sides with baking paper. Put butter and sugar in bowl of an electric mixer and beat on high until pale and creamy. Add coconut, flour, baking powder, eggs, milk and 2

Tbsp of coconut cream, beating until smooth. Spoon mixture into prepared tin and bake for 45 minutes or until cooked when tested with a skewer. Set aside to cool on a wire rack. 2 Meanwhile, to make filling, put cornflour, 1 Tbsp of icing sugar and remaining coconut cream in a bowl. Heat custard in a medium saucepan

over a medium-high heat until boiling. Whisk in coconut cream mixture, stirring constantly until boiling and thick. Transfer mixture to a bowl. Set aside to cool completely. 3 Mix rum, zest, juice and

remaining icing sugar in a small bowl. 4 Line 20cm springform tin with plastic wrap. Trim cake if it's domeshaped, then cut into 3 horizontal layers. Place bottom layer back in tin and sprinkle with a little rum mixture. Crush 1/₃ of the raspberries and combine with jam. Fold in another 1/₃ of the raspberries, then spoon mixture over cake layer. Top with second laver of cake, sprinkle over more rum mixture, then spoon over custard, spreading it out. Top with final layer of cake and sprinkle over remaining rum. Place cake in fridge and leave to set for at least 4 hours. 5 Transfer cake to serving plate.

Whip cream until soft peaks form, then spread over cake. Serve scattered with remaining raspberries and shredded coconut.

#### Christmas pudding ice-cream

Preparation time: 15 mins plus overnight cooling and chilling, plus 11 hrs freezing Cooking time: 15 minutes Serves 8

3/4 cup frozen cranberries, plus extra to serve 1/2 cup raisins 1/2 cup sultanas 1/2 cup dried cherries 120ml brandy 2 Tbsp brown sugar

**ICE-CREAM** 4 whole cloves 2 cinnamon sticks, halved 1/4 tsp ground ginger 1/2 tsp ground nutmeg

1/4 tsp caraway seeds 600ml double cream 1 vanilla pod, split and seeds scraped out 3 egg volks 1 cup caster sugar Cooking oil spray, for greasing 6 gingernut biscuits, chopped Finely grated zest of ½ lemon and ½ an orange

#### CRANBERRY SYRUP 3/4 cup frozen cranberries ⅓ cup caster sugar 2 Tbsp brandy

1 Put cranberries, dried fruit, brandy and brown sugar in a bowl. Microwave on high for 3 minutes, then stir and cool completely, ideally overnight. 2 To make ice-cream, put spices in a saucepan over a medium heat and cook, stirring once or twice, for 3 minutes or until fragrant. Add cream and vanilla seeds, then bring to the boil. Meanwhile, whisk yolks and sugar together. Whisk hot cream into egg mixture, then pour into a clean pan and cook over a low heat for 10 mins or until mixture coats back of a wooden spoon. Transfer to a bowl or plastic container and chill overnight to infuse cream with spices. 3 Pass mixture through a sieve into another container and freeze for 5 hours, stirring in frozen edges with a fork every hour until mix is thick and smooth, Grease a 1.2 litre pudding basin, then line with cling film.

4 Drain cooled brandy fruit through sieve. Mix with gingernuts and zests, then quickly stir into icecream. Spoon into prepared basin, cover surface with cling film, and freeze for at least 6 hours.

5 To make cranberry syrup, put all ingredients in a small saucepan over a medium heat and cook until sugar dissolves, then simmer for 2 minutes. Cool completely. Remove pudding from freezer and set aside for 15 minutes. Turn out onto serving plate and

ease away plastic wrap. Spoon over cranberries and syrup to serve.







Pink fairy floss puts everyone in the party mood!

#### Raspberry and peach sparklers

Delightfully decorated, these cocktails showcase the best of the peach season. Berry nice!





Drinks

Charge your glasses with these fizzy and fruity beverages

#### Make one or make 'em all!

- Passionfruit, lime and mint Pimms
- Raspberry and peach sparklers (with decorative pink fairy floss)
- Orange whisky spritzers

#### **Orange whisky spritzers**

Lighten the liquor load by mixing whiskey with orange or lemon soft drink and fresh citrus fruit slices.

Recipe on page 74

ne of the great culinary challenges of the year is deciding what to serve your Christmas people to ensure a deliciously memorable meal is had by all. So we've made the task a whole lot easier for you with this selection of starters, mains, sides and desserts from which you can build your very own Christmas menu. So be the host with the most this year – cheers! ▶











#### festive**feast**

# Mains

Serve up a sumptuous centrepiece of pork, salmon, beef or chicken

#### White meat, red meat and salmon

- Rack of roast pork served with pickled pineapple chutney
- Salmon with pickled red onion and cucumber
- Beef with paprika, mustard and rosemary
- Chicken roulade with sausage and pistachio stuffing

#### Rack of roast pork with pickled pineapple chutney

Make ever-popular succulent pork and crispy crackling even more enticing with a tangy pineapple chutney.

A Recipe on page 225

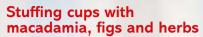








#### festive**feast**



Pull out your muffin pans and line with thin strips of round pancetta to bake these moreish stuffing cups.

A Recipe on page 227



# Sides

Whether it's a crunchy salad or cute cups of nutty stuffing, these additional dishes sure liven up the main event!

#### A hit of green and carb heaven!

- Stuffing cups with macadamia, figs and herbs
- Roast potatoes with sage, bacon and sour cream dressing
- Brussels sprouts salad with crispy bacon and smoked almonds
- Green bean, beetroot, mint and feta salad

# Roast potatoes, sage and bacon with sour cream dressing Jazz up your roast spuds with crispy herbs. Try sage, rosemary or thyme to take this dish to new heights. Paired with salty bacon and sour cream, it's a winner! Recipe on page 227





TRY THIS

Help spread

the good

word by

popping a few

Christmas

baubles on the table.

# Desserts

Make your last course a truly finale-worthy occasion with these spectacular creations

#### Limoncello and summer berry cheesecake

This no-bake 'cake' has a crunchy gingernut biscuit base and is topped with layers of raspberry jelly, whipped cream and berries.

A Recipe on page 228

#### Cakes, puddings, truffles and biscuits

- Limoncello and summer berry cheesecake
- Meringue-frosted lemon curd, coconut and pistachio cake
- Vanilla star cookies
- Surprise chocolate rum and raisin truffles
- Individual ginger and almond puddings with chocolate sauce











## better wine in good company

Pair your Christmas meal with matched wines

## Rack of roast pork with pickled pincapple chutney

Pork has an affinity with chardonnay and, with the tropical flavours in this recipe, we recommend a glassful of flavour with one of the more robust examples of the variety. Lindemans Bin 65, Rosemount Diamond, Jacob's Creek, Penfolds Koonunga Hill, Annie's Lane, Yellow Tail or Wynns. If you prefer to stay with a Kiwi sauvignon blanc you're already probably enjoying, a glass of it will cut nicely through the richness of the relish. Giesen, Matua, Oyster Bay, Brancott, Villa Maria or Stoneleigh.

## Salmon with pickled red onion and cucumber

While a young semillon is the go-to wine for simply prepared fish, this salmon enhanced with a zingy side is a more robust offering, so go for a pinot gris (the gris generally offers fuller flavours than the grigio). Innocent Bystander, Brancott Estate, Peter Yealands, Printhie, Eddystone Point, T'Gallant or Nepenthe.



## Beef with paprika, mustard and rosemary

Ah, yes. Good old Aussie beef. Surely you must choose a hearty red with this. Shiraz has richer, warmer. more immediate flavours and is a real crowd-pleaser! Cabernet or a cabernet/ merlot blend tends to be a little more refined and elegant. Good shiraz comes from every wine district in Australia, but South Australia offers the biggest choice of household names. Yalumba, Hardys, Wynns, St Hallett, Pepperjack, Ingoldby, Wolf Blass, Taylors, Leasingham, Grant Burge or d'Arenberg.

#### Chicken roulade with sausage mistachio stuffing

Match a chicken dish with a lot of oomph to a full-flavoured semillon/ sauvignon blanc blend from WA. There are many to choose from, all offering ripe flavours with a cleansing finish. Houghton, Devil's Lair, Evans & Tate, Vasse Felix, Brookland Valley, Ken Forrester, Capel Vale or Xanadu. If you prefer a red, keep it on the lighter side with a delicious mouthful of pinot noir. De Bortoli, Ninth Island, Devil's Corner or Trentham Estate.

#### Desserts

Rich chocolate can overpower most wines, so with the truffles or pud and sauce, try fortified muscat or topaque from NE Victoria. Morris, Brown Brothers, Campbells, Stanton & Killeen or All Saints. The rest of the desserts will go nicely with a luscious botrytis, late-picked riesling or semillon. Noble One, Lillypilly, Tempus Two, Gramps, Bimbadgen, Heggies or a botrytis viognier from Yalumba.

## Tend the bar



#### Passionfruit, lime and mint Pimms

Slice 2 limes into wedges and divide between 6 tall tumbler

glasses. Top each with 2 mint leaves. Use a muddler to gently squash limes and mint to release juice and aromas. Half-fill glasses with crushed ice cubes. Add 1 Tbsp Pimms, 1 Tbsp lime juice cordial, 2 tsp fresh passionfruit pulp, 3 thinly sliced rounds cucumber and an extra sprig of mint to each glass. Top with soda water and stir. Serves 6

#### Raspberry and peach sparklers



Put the flesh of 1 roughly chopped yellow peach, 1 cup frozen raspberries, 2 Tbsp caster sugar and

½ cup water into the jug of a blender. Process to form a smooth puree. Strain mixture through a sieve into a medium jug. (This should make about 1 cup.) Stir in 1/4 cup peach liqueur, then transfer to a large serving jug or bottle. Put 3 frozen raspberries and 1 thin peach slice into each of 6 wine glasses. Add 1 Tbsp puree to each glass and top up with chilled, sparkling rose wine.

Tip You can make your sparkler extra dazzling by threading one raspberry onto a small skewer or toothpick. Carefully balance the skewer onto the rim of the glass and top with a small twirl of fairy floss. Serves 6

#### Orange whisky spritzers



Fill 6 short tumbler glasses evenly with some crushed ice. Slice 1 orange into 6 wedges and squeeze the juice

from each wedge into each tumbler. Add 1 Tbsp scotch whisky to each glass, then top up with a citrus-flavoured carbonated drink. Stir to mix, then serve spritzers garnished with lemon

and orange slices. Serves 6



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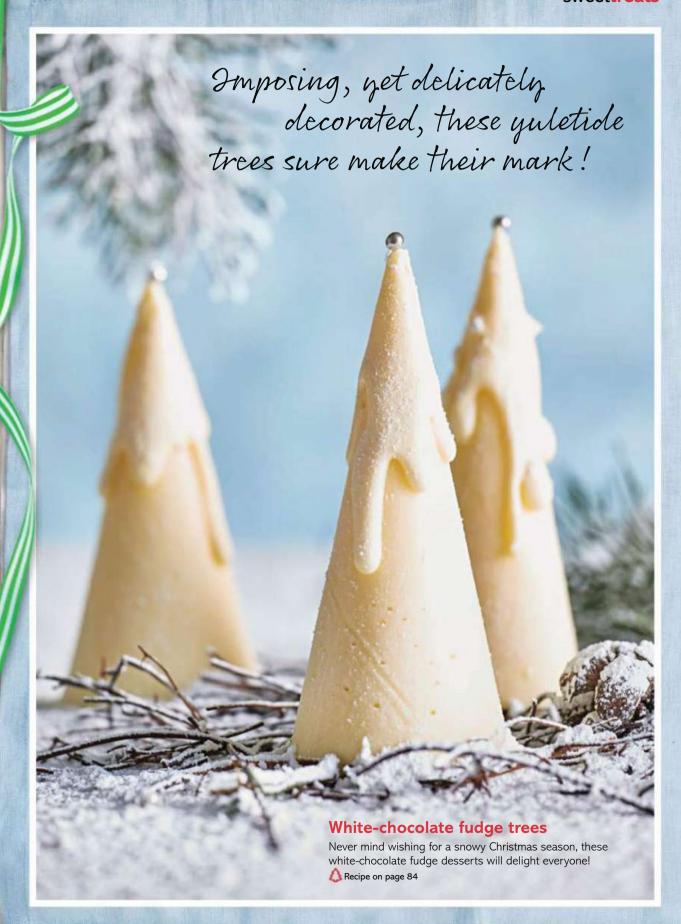
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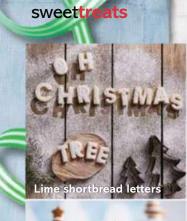
















Caramel macadamia tart



#### Lime shortbread letters

Preparation time: 15 mins Cooking time: 15 mins Makes about 30

125g unsalted butter, chopped, softened 1/₃ cup icing sugar mixture Finely grated zest of 1 lime 1 tsp vanilla extract 11/4 cups plain flour lcing sugar mixture, to dust

#### 1 Preheat oven to 160°C.

Line 2 oven trays with baking paper. Put butter, sugar, zest and vanilla in the bowl of an electric mixer and beat for 5 minutes or until light and creamy. Sift in flour. Stir with a wooden spoon until combined and a smooth dough forms. 2 Roll out dough between 2 sheets of baking paper to 5mm thick. Use alphabet cookie cutters to cut out letters, re-rolling as necessary. Put onto prepared trays, 2cm apart. 3 Bake for 15 minutes or until very light golden. Transfer to a wire rack to cool completely. Serve dusted with icing sugar.

#### Wonky gingerbread trees

Preparation time: 20 mins Cooking time: 25 mins Makes 6

125g unsalted butter, chopped, softened 1/2 cup caster sugar 2 Tbsp golden syrup 1 egg, lightly beaten 2⅓ cups plain flour 3 tsp ground ginger 1 tsp cocoa powder 1 tsp bicarbonate of soda lcing sugar mixture, to dust

#### ICING

1 egg white 11/4 cups pure icing sugar 1 tsp lemon juice

1 Preheat oven to 180°C. Line 4 oven trays with baking paper. Put butter and sugar in the bowl

of an electric mixer and beat until light and creamy. Add golden syrup, beating to combine. Add egg, beating to combine. 2 Sift flour, ginger, cocoa and bicarb over butter mixture, stirring to combine.

3 Turn out dough onto a lightly floured surface and knead until a smooth dough forms, Roll out dough between 2 sheets of baking paper to 5mm thick. Using round biscuit cutters or cardboard templates, cut out six of each 7cm, 6cm and 5cm rounds; eighteen 4cm rounds; and twelve of each 3cm and 2cm rounds. Using a 2cm star cutter, cut out 6 stars. Re-roll dough as necessary to cut out all pieces. Arrange pieces on prepared trays 3cm apart. Bake two trays at a time for 12 minutes or until golden and firm to touch. Cool completely on trays.

4 Meanwhile, to make icing,

put egg white in the bowl of an electric mixer and whisk on low for 1 minute or until frothy. With motor running on low, gradually add icing sugar, whisking after each addition. Add lemon juice and continue whisking until thick and holding its shape. Spoon icing into a disposable piping bag and snip tip to form a 3mm opening. 5 To assemble, put 7cm rounds on a clean flat surface. Sticking together with icing, top each with a 4cm round, 6cm round, 4cm round, 5cm round, 3cm round, 4cm round, 2cm round, 3cm round, then 2cm round. Put star on top of each tree, standing upright. Set aside for 30 minutes to allow icing to set firmly. Serve dusted with icing sugar.

#### Caramel macadamia tart

Preparation time: 20 mins plus 3 hours chilling Cooking time: 30 mins Serves 6-8

Cooking oil spray, to grease 1 cup plain flour

1/4 cup icing sugar mixture 100g butter, chopped, chilled 1 egg yolk 1 Tbsp water, chilled 40g golden syrup 40g butter, chopped 395a tin sweetened condensed milk ½ cup macadamia nuts. roughly chopped Extra icing sugar mixture, to dust

#### 1 Preheat oven to 180°C.

Grease a 19cm loose-bottomed fluted tart tin with cooking oil spray and line base with baking paper. Line an oven tray with baking paper and set aside. 2 Put flour, icing sugar and chilled butter in the bowl of a food processor and pulse until mixture resembles fine crumbs. Add egg yolk and water, pulsing until mixture forms a soft dough. Shape dough into a disc and wrap in plastic wrap. Refrigerate for 30 minutes. 3 Roll out dough between 2 sheets of baking paper to form a disc about 30cm wide and 4mm thick. Line prepared tin with dough, trimming excess, and refrigerate for 30 minutes. Prick base all over with a fork. Roll pastry trimmings into a ball and roll out again until 5mm thick. Use a 5cm-tall treeshaped cookie cutter to cut 6 trees. Arrange trees on prepared tray, cover with plastic wrap and refrigerate. 4 Line dough in tin with baking

paper. Fill with uncooked rice or baking weights, then bake for 10 minutes. Remove baking weights and paper and cook for a further 8 minutes or until light golden. Set aside to cool. **5 Meanwhile,** put golden syrup and butter in a medium saucepan over a medium heat. Once butter melts, add condensed milk and cook, stirring constantly, for 8 minutes or until mixture is thick

and light golden. Remove from >

The product
most recommended
by doctors for
scars & stretch
marks.\*

\*ACA Research HCP Study,
July 2015



"I am always fighting with my weight, and as a result have large stretch marks which can be embarrassing. I was watching TV and the advertisement came on for Bio-Oil. So I tried it and it made my skin feel great. I used it for the next couple of months and slowly my stretch marks started to look a lot better. It's made me a lot happier. Since I've been using it I have told everyone in my family, the people I work with and my friends. I have been using it religiously since it makes my skin feel great. It's good to know that there is actually something out there that does what it advertises." Casey Gray



heat and stir in macadamia nuts. Pour into pastry shell, smoothing surface with the back of a spoon. Arrange chilled trees in a ring on top of caramel filling, with tree trunks towards tart edge. Bake for 10 minutes or until trees are cooked then transfer to a wire rack to cool. Refrigerate overnight or for at least 2 hours until chilled. Serve lightly dusted with extra icing sugar.

#### White-choc fudge trees

Preparation time: 15 mins plus 8 hours chilling Cooking time: 10 mins Makes 12

425g white chocolate melts 395a tin sweetened condensed milk 1/2 cup icing sugar mixture, sifted, plus extra, to dust 12 silver cachous, to decorate

1 Cut twelve 25 x 15cm rectangles from baking paper. Holding 1 rectangle horizontally, fold bottom right corner to top long edge to form a triangle, then roll into a cone shape, ensuring bottom pointed end is rolled tight. Secure with a staple, then put in a tall glass, pointed end down. Repeat with remaining pieces of paper. Put glasses on a large tray. 2 Put 375g white chocolate melts and condensed milk in a medium heatproof bowl over a medium saucepan of simmering water, stirring until mixture is melted and smooth. Remove from heat and stir in icing sugar until well combined. 3 Spoon mixture into baking paper cones, filling as full as you like depending on the height you want to achieve. Refrigerate for at least 8 hours.

4 Line an oven tray with baking paper. Peel away baking paper from fudge trees and trim bases to make flat if necessary. Stand trees on prepared tray. Melt remaining chocolate in

a small heatproof bowl over a small saucepan of simmering water, stirring until smooth. Use a teaspoon to drizzle over each tree. Decorate each tree top with a cachous, then serve dusted with extra icing sugar.

#### Choc marshmallow bickies

Preparation time: 15 mins plus 30 mins chilling, 1 hour setting Cooking time: 15 mins Makes 16

Cooking oil spray, to grease 1/2 cup water, plus 1/2 cup extra 2 Tbsp gelatine powder 1 cup caster sugar 1 tsp vanilla extract 1/2 cup desiccated coconut Cornflour, to dust 50g white chocolate, melted

CHOCOLATE BISCUIT BASE 11/4 cups plain flour 1/4 cup Dutch cocoa 1/2 tsp bicarbonate of soda 100g butter, melted <sup>2</sup>/<sub>3</sub> cup brown sugar 1 egg

1 Line 3 oven trays with baking paper. Grease a 30 x 20cm lamington tin with cooking oil spray. Line base and sides with baking paper, extending it 2cm above the top.

2 To make biscuits, sift flour. cocoa and bicarbonate of soda into a large bowl. Make well in centre. Combine butter, sugar and egg in another bowl, then add to flour mixture, stirring until a rough dough forms. Knead on a clean dry surface until smooth. Shape into a disc, cover with plastic wrap and refrigerate for 30 minutes.

3 Preheat oven to 180°C. Roll dough out between 2 sheets of baking paper until 3mm thick. Use a 9cm-tall tree cookie cutter to cut out shapes from dough, re-rolling dough to make at least 16 cookies. Arrange cookies on prepared trays, 3cm apart.

4 Bake for 15 minutes or until

firm to touch. Set aside on trays to cool completely.

5 Meanwhile, put water in a small bowl and stir in gelatine. Set aside for 10 minutes.

6 Combine sugar and extra water in a small saucepan over a medium heat and cook, stirring occasionally, for 2 minutes or until sugar has dissolved. Remove from heat. Stir in vanilla, then add gelatine mixture, stirring until dissolved. Transfer to a large bowl. Set aside to cool for 10 minutes.

7 Beat with an electric hand beater on high for 10 minutes or until tripled in size. Spoon into prepared tin, smoothing down surface. Sprinkle with coconut. Set aside for 30 minutes until set firmly. 8 Use a 9cm-tall tree cookie cutter to cut out 16 shapes.

dipping cutter into cornflour to prevent sticking between cuts. 9 Spoon a little melted chocolate into centre of each biscuit. Top with marshmallow tree. Set aside for 30 minutes so chocolate sets firmly. Serve.

#### Snow dome trees

Preparation time: 30 mins Cooking time: 25 mins Makes 6

6 medium glass jars or ovenproof mugs, with lids 50g butter, melted ⅓ cup caster sugar 1 tsp vanilla extract 1 egg 1/2 cup self-raising flour 11/2 tsp mixed spice 1 Tbsp milk Silver cachous, to decorate 1 cup desiccated coconut Icing sugar mixture, to dust

**BUTTER CREAM ICING** 250g butter, chopped, softened 3 cups icing sugar mixture 2 Tbsp milk Green food colouring gel, to tint ▶

## nature nurtures best





1 Cut six 25 x 15cm rectangles from baking paper. Holding 1 rectangle horizontally, fold bottom right corner to top long edge to form a triangle, then roll into a cone, ensuring bottom point is rolled tight. Secure with a staple, then put in an ovenproof mug or jar to stand upright. Repeat to make six paper cones. Put mugs or jars on an oven tray. 2 Preheat oven to 180°C. Put butter, sugar, vanilla and egg in a large bowl and beat with electric hand beaters on high speed until light and fluffy. Stir in flour, mixed spice and milk until combined. Divide batter between cones. then use handle end of teaspoon to push batter right into the point. 3 Bake for 25 minutes. Set aside in jars to cool completely. Remove baking paper and trim cone bases to make level and ensure they fit into jars.

4 Meanwhile, to make icing, put butter in the bowl of an electric mixer and beat on medium until pale and fluffy. Sift in 1/2 of the icing sugar and beat on low until combined. Add milk and remaining icing sugar, beating to combine. Increase speed to high and beat until pale and fluffy. Tint pale green with food colouring gel. Spoon into a piping bag fitted with a 5mm star nozzle.

5 Pipe a small amount of icing into centre of one upturned jar lid. Sit a cone cake on top, then pipe icing onto cake in small dots to completely coat, starting at base and working up. Decorate trees with cachous. Scatter exposed base of jar lid with coconut and dust cake with icing sugar. Put jar on top of lid, enclosing cake. Secure lid.

#### Mini meringue trees

Preparation time: 15 mins plus 30 minutes cooling Cooking time: 1 hour Makes about 36

2 (extra large) eggwhites 1/2 cup caster sugar

#### Green food colouring gel, to tint

1 Preheat oven to 100°C. Line 2 oven trays with baking paper. Put eggwhites in bowl of electric mixer and beat on high for 3 minutes or until stiff peaks form. With motor on medium, add sugar 1 Tbsp at a time, beating well after each. Increase speed to high and beat for a further 3 minutes or until a smooth and very thick mixture forms. To test if ready, hold a spoonful of mixture upside down. It should hold its shape and stick to the spoon. 2 Dip tip of small artist's brush into food colouring gel. Brush 5

lines of gel on inside of disposable piping bag, starting from tip to halfway up bag. Spoon meringue into piping bag. Snip tip to form a 1cm-wide opening.

3 Pipe mixture onto trays to create Christmas tree shapes ranging from 3-4cm in diameter and 3-5cm in height.

4 Bake for 1 hour. Remove from oven and set aside for 30 minutes to cool to room temperature. Serve.

#### Dark chocolate, fig and spiced rum cakes

Preparation time: 20 mins Cooking time: 50 mins Makes 8

Cooking oil spray, to grease 250g soft and juicy dried figs, finely chopped 250g raisins 250g prunes, finely chopped 3/4 cup spiced dark rum 250g butter, chopped, softened 1 cup firmly packed dark brown sugar

2 tsp vanilla extract 3 eggs, lightly beaten 1/2 cup golden syrup 1 cup plain flour 1 cup self-raising flour 2 Tbsp cocoa powder

3 tsp mixed spice

200g dark chocolate

melts, melted Icing sugar mixture, to dust

**GANACHE ICING** 150g dark chocolate 1/₃ cup thickened cream

220g dark chocolate

1 Grease eight 7cm round cake tins with cooking oil. Line base and sides with baking paper, then put on an oven tray. 2 Put figs, raisins, prunes and ½ cup rum in a large bowl, stirring to combine. Set aside. 3 Preheat oven to 160°C. Put butter, sugar and vanilla in the bowl of an electric mixer and beat on high for 2 minutes or until light and fluffy. Add eggs one at a time, beating after each addition. Add golden syrup, beating to combine. Spoon fig mixture into butter mixture, mixing well to combine. Sift in flours, cocoa and mixed spice, stirring to combine. Add chocolate, stirring to incorporate. Spoon into tins and smooth. 4 Bake for 50 minutes or until

skewer. Brush remaining rum on top. Cool completely in tin. **5 Meanwhile,** spread melted dark chocolate on a 30cm-long piece of baking paper until about 3mm thick. Refrigerate for 15 minutes or until just beginning to set (still slightly soft). Remove from fridge. Using a fork, make a zigzag pattern on chocolate to resemble tree bark. Return to fridge and chill for a further 30 minutes or until set firmly. Break chocolate into shards.

cooked when tested with a

6 Meanwhile, to make ganache icing, put cream in a small saucepan over a medium heat. Bring to the boil, then remove from heat. Add melted chocolate to cream, stirring until smooth. Set aside until icing reaches spreadable consistency.

7 Spread a thin layer of chocolate ganache over top and sides of cakes. Decorate sides with chocolate shards. Serve cakes dusted with icing sugar.

## styling your summer, is simple.



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Christmas WRAPPED UP

> We've taken the guesswork out of gift giving this Christmas, with the best inspiration this side of the North Pole!

hether there's a job to be done before the guests arrive, or you're looking for some great Christmas gift ideas, we have you covered. Every Bunnings warehouse is bursting with Christmas spirit, with the best range of festive lighting to make every home glow.

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#### gardendelight

### How do I grow them?

#### Climate

Herbaceous peonies only grow in cool climates with cold winters such as Tasmania, Victoria and mountain districts – they need cold to help trigger the development of the flower bud. Tree peonies also prefer cold climates but will also grow in cool temperate areas.

#### Aspect

Position herbaceous and tree peonies in full sun and shelter from strong winds. In climates with hot summers, a lightly shaded spot is preferable.

#### Soil

Plant in deep, moist and well-drained soil enriched with well-rotted compost and manure. A neutral soil pH is desired by herbaceous peonies but tree peonies prefer a more alkaline soil, so add dolomite lime and fork in well before planting.

#### Water

Keep soil moist, but never wet. In summer, water to keep soil cool and ensure it doesn't dry out. Once established (1–2 years), tree peonies are quite drought tolerant, but benefit from regular watering throughout the growing and flowering season.

#### Fertiliser

In late winter, feed herbaceous peonies with a well-balanced fertiliser and remove surrounding weeds. Apply fertiliser again in summer after peonies have finished flowering and you have deadheaded. For tree peonies, feed in winter and late spring with a fertiliser low in nitrogen but high in phosphorus and potassium. This will help encourage strong root growth and flowering.





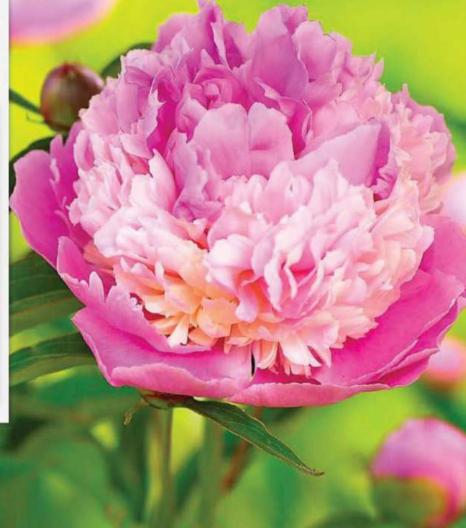
show up any flower in your garden.

#### Herbaceous vs tree peony

Herbaceous peonies, also known as Chinese peonies (*Paeonia lactiflora*), are the most commonly grown. They grow from rhizomes, which form a bush about 1m high and flower from late spring into summer, before dying down in autumn. Tree peonies (*Paeonia suffruticosa*), are a shrubby deciduous plant that grows about 1m tall. They can take up to 10 years to reach full height and do not die down like their herbaceous cousins. Both types of peonies prefer cool to cold climates.



7. Just look at the gorgeous shades of pink here! It's no wonder peonies are a favourite with gardeners. If you can't grow them at home, pick up a bouquet from the florist!



6. Dare to smother your garden with the brilliant carmine-red blooms of 'Felix Crousse'. It grows 90cm tall and 80cm wide – you won't regret it! They make excellent cut flowers, too.

Peony envy, the flower to lust after

#### gardendelight

#### Planting

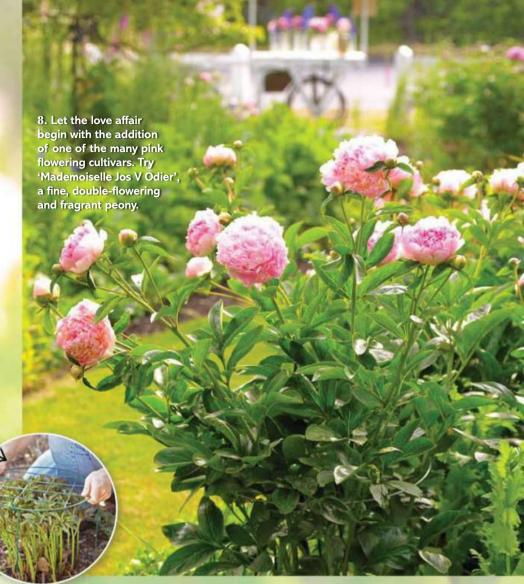
Peonies don't like to be disturbed, so choose your location carefully. Prepare the soil by incorporating well-rotted compost and manure (and dolomite lime, if needed) a week prior to planting.

- Herbaceous peonies are sold as bare root rhizomes with a few buds or 'eyes' and are best planted in autumn. Dig a shallow hole no more than 5cm deep and firm the base of the hole. Position rhizomes with buds facing upward, backfill and lightly firm soil, then water thoroughly. Plant at least 60cm apart they like a little space between plants.
- Tree peonies are sold in pots. Dig a hole twice the width of the pot and a little deeper. Remove plant from pot, gently tease out roots and position in hole. Backfill and water thoroughly.

#### Maintenance

- As herbaceous peonies grow, use a three-legged metal wire support to help support the stems. Look for them at your local garden centre. Don't be surprised if there are few or no flowers in the first year the plant is still developing and will flower once it grows into a healthy bush. In late autumn, allow foliage to naturally die down before pruning. When the bush flowers, cut long stems for indoor display or deadhead regularly as flowers fade to encourage more blooms.
- Tree peonies only need pruning to remove dead or broken branches they should only be pruned as the growing season starts. Apply a generous dose of dolomite lime to the soil every three years and water in well.















6

# Stunners

Enjoy a kaleidoscope of colour - buy them and plant now while it's warm

## Do I look familiar?

Due to changes in TV scheduling, this feature is being repeated. So here it is, in case you missed it the first time.

hink native flowers are a bit ho-hum? Think again! With brilliant shades of blue, red, yellow and pink (sometimes bi- and tri-coloured!) and a variety of intriguing forms and textures, it's easy to create a stunning display. Natives have so much to offer – why not give them a go and see for yourself?

#### Grevillea

6. Grevilleas sing in their many different colours and sizes. A popular cultivar, Grevillea lanigera 'Mount Tamboritha' is a densespreading groundcover, suitable for rockeries or large patches of bare soil. It has spectacular pink flowers in late winter and is drought-tolerant once established. How do you grow it? Best in a sunny spot in well-draining soil. Prune lightly after flowering. Feed in early spring or late summer with a controlled release fertiliser specially formulated for natives.



#### Harolenbergia

8. Hardenbergia's pea-like blooms come in purple, white and pink. Cultivars include 'Happy Wanderer' (purple) and 'Free and Easy' (white), while 'Happy Duo' combines both colours, growing about 1m high and wide. Let it scramble over retaining walls or trail over fences.

How do you grow it? Full sun in well-drained soil. Prune lightly to maintain shape and feed with a controlled fertiliser in spring or late summer.

#### Banksia

9. Loved for their gold, red and orange flower spikes, banksias range from medium shrubs to spreading groundcovers. For lower-growing options, see dwarf varieties such as 'Birthday Candles' or 'Cherry Candles' (pictured). Both have a spreading habit from 1.5m to 2m – ideal for pots or in ground. How do you grow it? Full sun in well-draining soil or native potting mix. Feed with a native-specific controlled release fertiliser.

#### Gastrolobium praemorsum

10. Enjoy double the colour with Gastrolobium praemorsum 'Brown Butterfly'. The coppery bronze foliage produces red pealike flowers mid-year, and looks striking in rockeries and borders or cascading over retaining walls. How do you grow it? Well-drained soil in full sun. Feed with a native plant fertiliser during spring.

#### **GO NATIVE**

For more hints on growing natives, or to buy these spectacular plants, visit your local nursery. *BHG* filmed at Austplant Nursery and Gardens Where: 249 Purves Road, Arthurs Seat, Victoria

- Opening times: Open all year, except Christmas and Boxing Day. Mon–Sat 8:30am–5pm, Sunday and public holidays 10am–5pm
- More info: Call (03) 5989 6120 or visit austplant.com.au





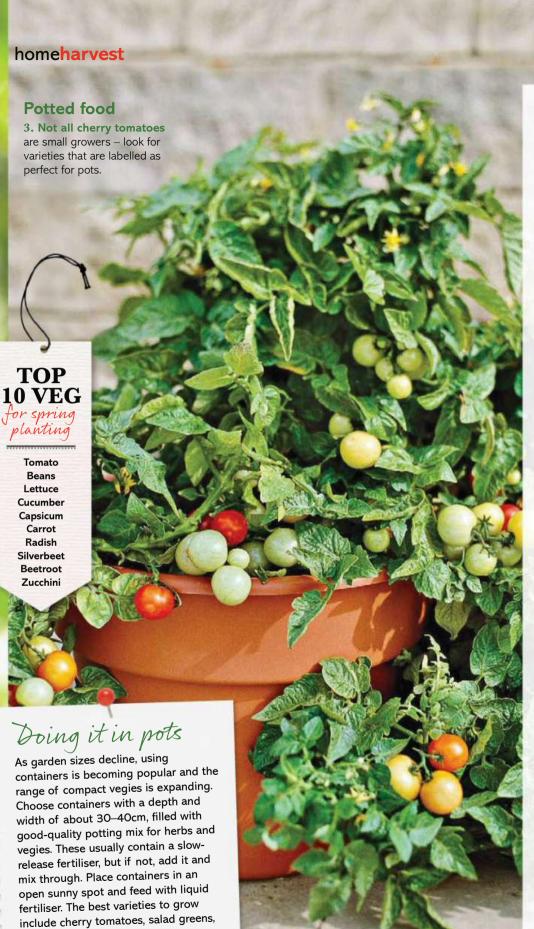
rimming with vitamins, freshly picked homegrown vegies always seem to taste better than store-bought (and not just because of the money you're saving). Being able to grab a sun-warmed tomato or handful of leaves to pop straight into a salad bowl is wonderfully rewarding and worth the effort!

#### Plot or pots?

The prerequisites for a successful vegetable garden are pretty simple good soil, sun and water. If you have a spacious backyard, you can dedicate a separate area to a food-growing patch, and even make it a focal point of your garden (see our family-friendly vegie garden on page 104). But if not, there's a whole range of vegetables and herbs that are well-suited to container growing, or can be integrated into an ornamental garden by including things like borders of lettuce or parsley. With the warm months ahead providing the best conditions for an excellent bounty, now is the time to begin. ▶







#### The basics

- a crumbly, easy-to-dig soil with plenty of added organic matter, such as manure and compost. For this reason, it's best to give them a raised garden bed so you can fill it with a good quality vegetable-growing mix.
- Sun Vegetables need plenty of sun to grow their leaves and ripen their fruit. Give them a spot which gets at least 5–6 hours of sunlight a day and isn't exposed to strong winds.
- Food and water Enrich the soil well before you begin planting. At planting stage, apply a controlled release fertiliser for vegetables and water in thoroughly. Subsequently, use liquid fertilisers periodically (every two weeks if possible) to encourage healthy growth, choosing a formulation specifically for vegetables. For fruit-bearing plants like tomato, capsicum and eggplant, use a liquid fertiliser designed for flowering and fruiting plants. Water your vegetable seedlings regularly to get them established, then reduce to soakings whenever the soil is dry 2-3cm down (finger test to check). During hot spells, increase the frequency of watering. Soaker hoses or microirrigation systems (where allowed) will simplify the job and save time. To help conserve soil moisture through summer, spread a fine-textured mulch once your seedlings have developed into small plants (being careful to keep it back from the stems).  $\triangleright$

carrot and beets.

silverbeet, chilies and capsicums, snow peas, and baby root vegetables like





#### Hints and tips

- Try to group vegies that grow to about the same height and mature about the same time. This lets them share sunlight and means, after harvest, the whole section can be duq up and prepared for your next crops.
- Tall vegetable varieties, like tomatoes, beans and corn, are best positioned on the southern end of beds, to prevent them shading lowergrowing varieties.
- For an ongoing supply of favourites, make small successive plantings, or sowings if you are using seeds.
- Vegetables need bees for pollination, so attract them to the plot by including flowers such as nasturtiums and marigolds.
- With leafy crops such as silverbeet lettuce, extend eir production by narvesting only the outer leaves and letting the plant regrow. These plants can go on producing for many weeks.





We've put the stepby-step

instructions for this family-friendly vegie garden on a project sheet to make it easy for you to build at home. It includes raised growing beds, arches for vine fruit, a bench seat and sandpit for the children.

How to get your project sheet Visit bhgshop.com.au/ projectsheets where you can download the project sheet, or post a stamped (\$1.20), self-addressed C5 (162 x 229mm) envelope to Better Homes and Gardens, Vegie Garden December 2015, GPO Box 7812, Sydney NSW 2001. Please allow at least 14 days for postal delivery.

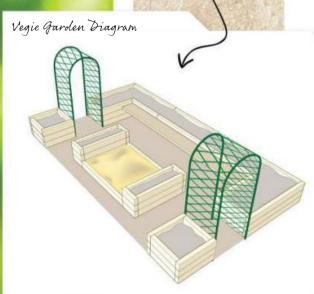
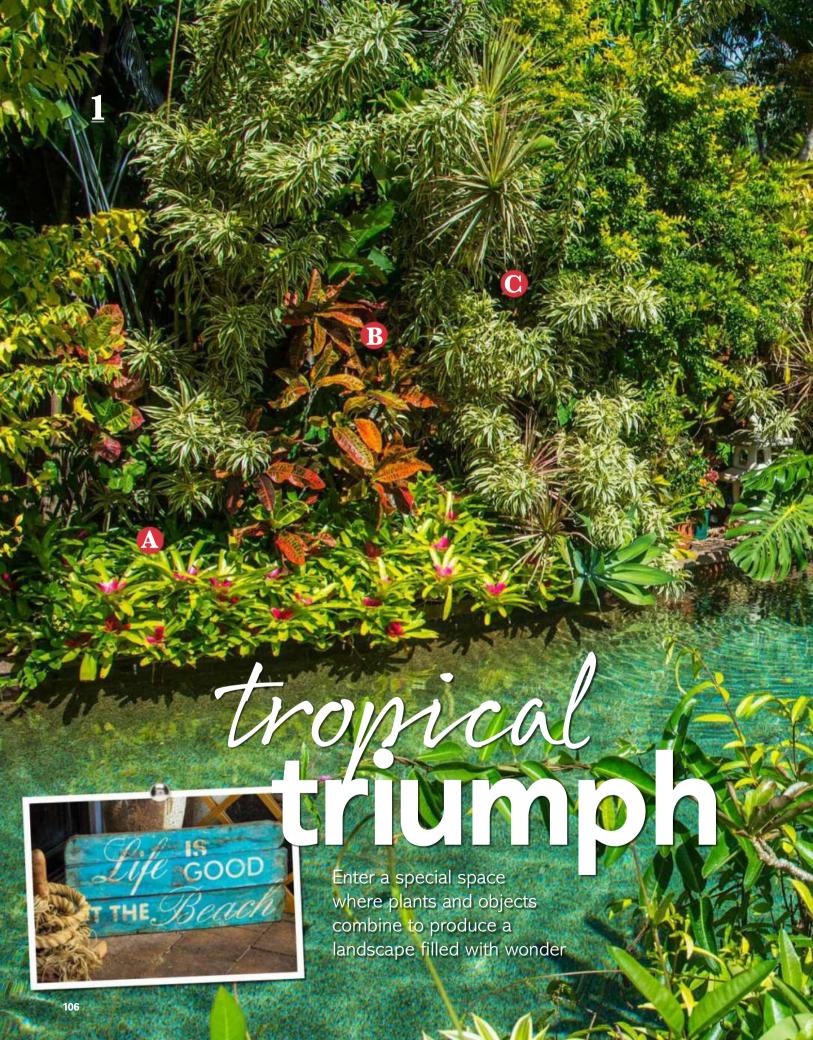
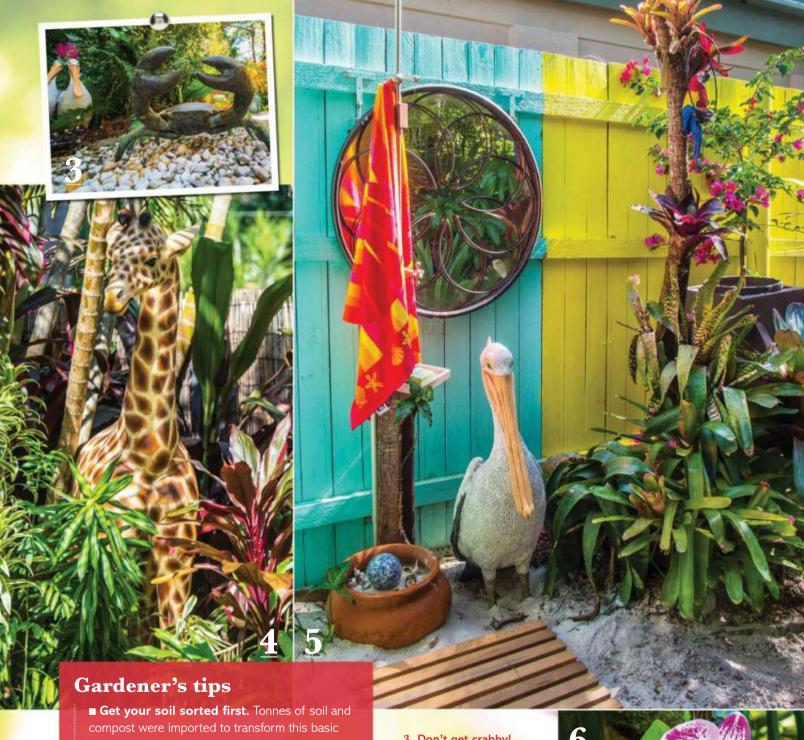


Diagram Lorenzo Lucia









- sandy ground into a fertile growing medium.
- Give the whole garden at least one general feeding each year. Dynamic lifter is applied to all garden beds in late August/early September, with Seasol used as a foliar spray in between.
- To simplify ongoing maintenance, install an irrigation system while you're building the garden beds. Also apply mulch over exposed soil to help retain moisture through dry times.
- Make your own compost by recycling your garden green waste. If you keep chooks, add their manure to the compost too.

- 3. Don't get crabby! This defensive guy is strictly for show.
- 4. One of the garden's first ornaments, this friendly giraffe keeps an eye over the pool area.
- 5. Beach-inspired colours (and birds!) energise an outdoor shower zone.
- 6. Orchids thrive in the humid shade, like these glorious phalaenopsis.





# About the garden

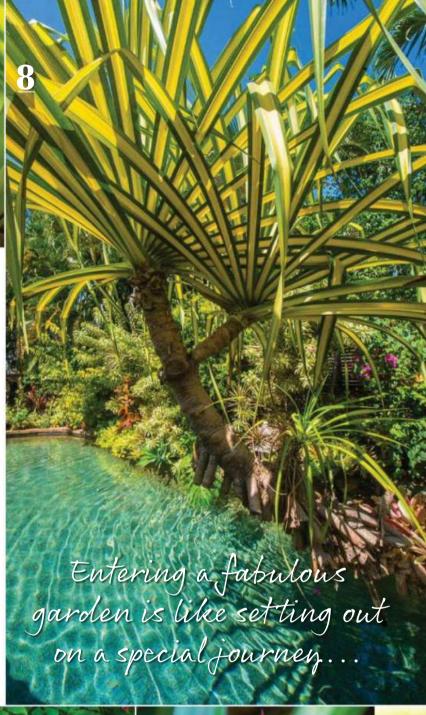
Located at Holloways Beach, near Cairns in Queensland, this garden was started in 1987 around a newly-built family home. It's the creation of Bev Reaston, who gradually developed a lush canvas of foliage and flowers from a foundation of 'sand, sand and more sand.' Infused with a beach theme, reflecting the mood of life on the coast, the garden is also home to an amazing collection of whimsical ornaments, decorations and garden objects (including a giraffe!), delighting visitors young and old. And there's something for every member of the family, including a putting green built as a Christmas present for Bev's husband! Bev believes gardens are personal spaces, which should reflect the things you love while including a bit of fun.

7. Tiny ornaments create lovely surprises, like this pair of bathing beauties hiding among the foliage.

8. A fabulous variegated form of the pandanus tree makes a great feature beside the pool, reflecting the sun in green and gold.

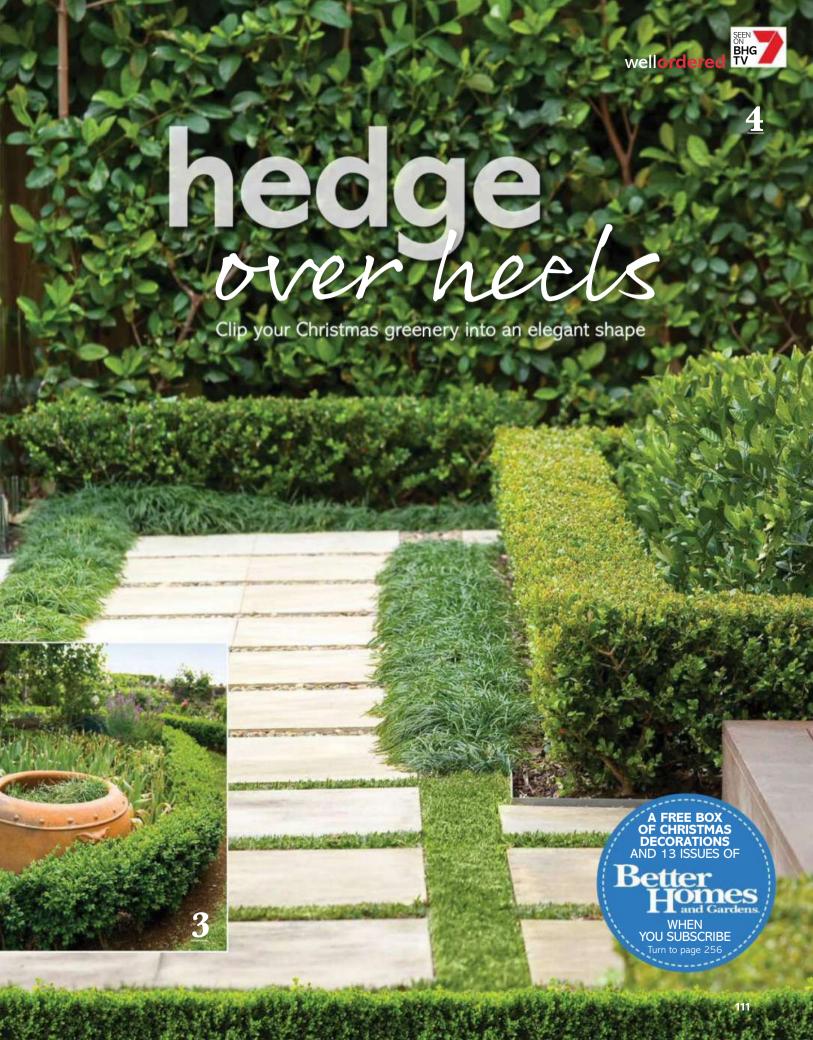
**9. To brighten up** shady garden areas, borrow this tip and hang a few colourful Chinese lanterns.

10. Versatile bromeliads offer more than colourful foliage – their flower spikes are also stunning.











We all have to rise in the morning.

But it's the ones sleeping

on the right mattress

who get to

shine.



# TRIM AND TIDY

Keep your hedges in shape and not a twig out of place with these tool tips:

# Quick prune

New growth will spring up when warm weather arrives, but not all that growth will be consistent and you'll end up with a few awkward-looking stragglers poking out. Get on top of the troublemakers with a pair of secateurs – they're ideal for a quick tidy up.

# **Uniform light trim**

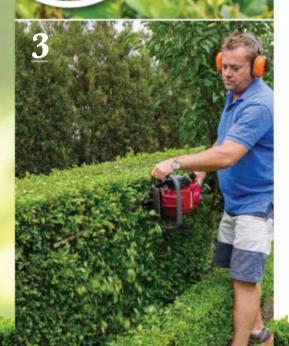
Is your hedge looking slightly unruly? It may need a light once-over to even it out and keep it looking tidy. Hedge shears with long blades offer more coverage than secateurs, letting you cut more of the hedge and straight across. You'll get the hang of pruning by eye, but if you're not confident, hammer in stakes at each end of the hedge and run a stringline as a guide.

# Heavy prune

If it's overgrown, you may need to take drastic action and cut it right back. A hedge trimmer will do the job quickly, but you need to be careful as it's easy to go too far. Wondering whether to get electric or petrol-powered? An electric weighs less and is ideal for smaller bushes, whereas petrol machines are heavier but more powerful and good for large, fast-growing hedges. Always wear ear protection when using them, as they can be quite loud.









# Jason's big tip - Vegemite!

Don't let cuttings go to waste! Strike future hedges from semi-hardwood, softwood or tip cuttings. Dip bottom of cutting into rooting hormone, honey or Jason's favourite — Vegemite, then bury stems in potting mix. Leave in a well-lit spot out of direct sun and water once a week or when soil is dry.

FISKARS QUANTUM HEDGE SHEARS

shears will be your best asset while trimming hedges and bushes. The light but strong aluminium body and precision ground blades will make cutting quick and easy, while the comfortable cork-padded handles add style. Also, its patented PowerGear mechanism makes cutting threeand-a-half times easier than standard mechanisms! We have 30 pairs of Fiskars shears to give away, valued at \$109 each.

These quality

# For your chance to win a pair,

tell us in 25 words or less why your garden needs this handy piece of equipment. Write your answer, name and address on the back of an envelope and send to: *BH&G* Fiskars Quantum Hedge Shears Competition, GPO BOX 7812, Sydney, NSW, 2001.

# **CONDITIONS OF ENTRY** Visit

bhg.com.au for full terms & conditions. Competition opens 13/10/15 9am AEDT and closes 12/11/15 at 5pm AEDT. Winners judged at Promoter's premises 30/11/15 11am AEDT. Winners notified by mail & published at bhg.com.au from 04/12/15. Total prize value up to \$3270. The Promoter is Pacific Magazines Pty Ltd, 8 Central Ave, Eveleigh NSW 2015 (ABN 16 097 410 896).

# CALLING ALL Veekend CATTOTS

THE CHRISTMAS COUNTDOWN IS ON - ONLY 10 WEEKENDS TILL THE FESTIVITIES BEGIN!

# Countdown Checklist

- Add timber skirting boards to hallways
- Sand and polish timber, flooring
- Paint front garden fence
- ☐ New lighting in lounge and dining room
- Finish building the backyard deck
- Decorate quest bedroom
- ☐ Build garden water feature



Share your progress and tag *Better Homes* and *Gardens* on Pinterest and Facebook, and you could win great prizes!

facebook.com/bhgaus pinterest.com/bhgaus #weekendwarriors #DIYisourDNA















12 13 14 15 17 18 19 20 21 22 23 24 25 26 27 28 29

Only 10 weekends until Christmas!

1 2 3 7 5 6 7 8 9 10 11 12 13 14 15 16 17 18 9 20 21 22 23 2 25 26 27



# POWER YOUR WORK AROUND THE WORK AROUND THE HOIVIE, GARDEN AND GARAGE



The freedom to run all your tools from a single battery.



POWER

CHANGE















# be a weekend. Weather the second of the sec

hen you spend hours in the garden, a potting bench can really come in handy. It keeps tools, liquid fertilisers and various bits and bobs all in one easily accessible place. The bench doesn't need to be fancy or expensive – just look at this beauty, made from two recycled pallets and a piece of rope.

You will need: Two pallets; deck and exterior stain; power drill; hand or power saw; spirit level, 150mm bugle head screws; 300mm galvanised T hinges; 10mm cotton rope; 100mm galvanised gate hook.

# Pallet potting bench steps

STEP 1 To make wall portion of project, pry off all boards from bottom of 1 pallet. Turn over to remove a few boards from top, retaining 1 at each end and 2 in middle. To make bench part of project, cut second pallet in half, using Ozito Jigsaw which will help you to cut squarely.

STEP 2 Sand the wood lightly all over with an Ozito Detail Sander. Stain or paint both pallets in your chosen finish to seal and protect timber. Make underside of bench pallet flush with bottom of wall pallet and join using a T hinge on each side.

step 3 Drill 10mm holes with an Ozito Drill Driver for the cord and thread rope between 2 holes at a length that ensures bench sits level in open position. Make a knot in each end to keep in place and trim any excess. Fit galvanised gate hook to the side to hold bench closed.

step 4 Using long 4mm bit, drill a pilot hole through bearer and wall cladding into timber stud behind. With drill on slow speed, fix to wall using 150mm bugle head screws. Go into at least 2 wall studs at top, middle and bottom of pallet. For brick walls, use masonry anchors.











# YOU WILL NEED



One battery fits all. The new and innovative 18V Power X Change battery platform from Ozito has landed, and is sure to make your life easier!





Made-to-match appliances deliver seamless style

Between entertaining and preparing meals for our family, we spend a lot of time in the kitchen. So it makes sense we want it to look beautiful and work for our lifestyle. Featuring award-winning designs, the premium Fisher & Paykel kitchen suite of appliances is designed to do exactly that. With high-performing ovens, cooktops, refrigerators and much more, each product is made to seamlessly match each other, and the way you use your kitchen.



\*Promotional period runs 01/10/2015 to 29/11/2015. Offer via online redemption only by 29/02/16. Bonus rebate value received dependent upon eligible models purchased. To claim and for full Terms & Conditions, visit fisherpaykel.com.au/promotions

# **AWARD-WINNING DESIGN**

Fisher & Paykel kitchen appliances work together to give your kitchen a beautiful, consistent aesthetic.

# **GREAT FLEXIBILITY**

With a wide range of sizes and elegant finishes, you can design the perfect look and layout to suit your needs.

# **NEW ZEALAND-DESIGNED**

Unlike European products, Fisher & Paykel appliances are designed in New Zealand to suit Australasian homes, where the kitchen is often a hub of activity and a vital part of your living space.

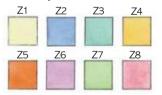


# December Sandendiary Petunias or tomatoes? Go crazy and plant both!



In each issue we give ideas, tips and planting advice for different climate zones, so it's important to find the zone number for your area. Naturally, there will be cooler, warmer, wetter and drier areas in each zone, so ask a horticulturist at your local nursery which zone best matches your conditions.

Key to climate zones





Grow a flight path

Give your garden an extra dimension with plenty of plants to tempt birds to drop in. Pokers, or kniphofias, provide a tempting snack, as do many of our own native plants such as banksias, callistemons, correas, fuchsias, hakeas, melaleucas, grevilleas and acacias. It pays to choose plants so that something is in flower every month of the year. Including a few perches, placed well out of the way of neighbourhood cats, will also help the cause. Birds also appreciate a ready supply of water, both for drinking and splashing about in, so set up a birdbath or shallow bowl of water. Having plenty of insect-devouring birds around a garden is a great way to reduce chemical use too.

# Flowers

## All zones:

Ageratum, portulaca and sunflower.

# Zones 2-5:

Aster, begonia, calibrachoa, Californian poppy, celosia, cosmos, dahlia, impatiens, marigold, nasturtium, petunia, phlox, salvia, Sturt's desert pea and verbena.

## Zones 6-8:

Alyssum, calibrachoa, gomphrena, petunia, phlox, salvia, vinca and zinnia.

# Vegetables

## All zones

Capsicum, eggplant, lettuce, tomato and zucchini.

# Zones 2-5:

Beetroot, broccoli, brussels sprouts, cabbage, carrot, celery, endive, pumpkin, radish and silverbeet. **Zones 6–8:** Beans,

chilli, cucumber, marrow, squash and sweet corn.



# Get a mass of speccy spikes all summer long

with the Salvia GoGo releases in bright scarlet and moody-hued purple. Hardy and long-flowering, the two have been bred from the Brazilian Salvia splendens and are happiest in sun, but also cope well in a little shade. They bloom from spring through to late autumn, live for two or three years and need fertilising only twice a year. From Aussie Winners, aussiewinners.com.au







**HEIGHT** 1.2m



WIDTH 60cm







LARGE POTS



**ALL ZONES** 





# ...IN PRINT

Lovers of good garden design

shouldn't be without Lessons from Great Gardeners by Matthew Biggs (Exisle Publishing, \$34.99). It's a delightful look at the methods of 40 of the world's best garden designers, including André Le Nôtre (Versailles), Claude Monet (Giverny), Vita Sackville-West (Sissinghurst) and Australia's Jeremy Francis, creator of Cloudehill in the Dandenongs. One to treasure now and in the future.



...in seating Get into the laidback swing of summer with this Aussie-made hanging chair. Just right on a veranda or hanging from a tree, it's made of fade-proof and weatherproof canvas with hardwood dowel. The swing comes with marine rope and stainless-steel fittings for hanging. It's \$145 from Swingz n Thingz, visit swingz.com.au

...garden thermometers Keep an eye on temps around your garden this summer with a colourful spiked thermometer. They cost \$32.95 each, from Amalfi Homewares, amalfi homewares.com.au

......





... in aquaponics Introduce young gardeners to aquaponics with a tabletop Water Garden that allows fish and herbs to thrive together. Fish waste provides nutrients for plants that keep the water clean. Wheatgrass and snow pea seeds included, \$119 from Fluid Growers, fluidgrowers.com.au



...in outdoor paint Add zing and protect outdoor metal furniture from rust with Direct To Rust Metal Paint by Hammerite. It acts as primer, undercoat and topcoat and is \$36.81 for a 750ml tin (also in aerosol), visit hammerite.com.au



...un mowers Made tough for Aussie conditions.

the LawnBoss from Cox Mowers combines comfort with performance. With a 15.5HP Briggs and Stratton engine, the locally made body has a steel frame with tough polypropylene panels that won't rust. It comes with a 32" or 38" cutting deck and is \$3499, visit coxmowers.com.au



# WHERE THERE'S ONE THERE'S MORE



# Kill & protect for up to 6 months

With smart technology, Mortein Kill & Protect kills the cockroaches already in your home, eradicates their nests and creates a barrier to stop new roaches coming in. www.mortein.com.au

# December



# WHAT'S ON With more than 5000

roses in bloom. Victoria State Rose Garden at Werribee Park, near Melbourne. is nirvana for lovers of the world's favourite flower. Laid out in the form of a five-petalled rose and including international and Australian-bred blooms, the garden is open daily 9:30am to 6pm (daylight saving time). On 14-15 November (10am-3pm), it hosts the annual Victoria State Rose & Garden Show. with more than 50 stalls, tours, tips from experts and plants and garden tools for sale. Entry to both the show and garden is free. Visit vicstaterose garden.com.au

# gardendiary

# This month...

- Keep an eye out around the nurseries for spectacular flowering liliums being sold in pots. You can enjoy the blooms on a patio or deck now, then plant them out in a spot that drains well for enjoyment over future years.
- Treat your garden to a light prune and apply an all-purpose fertiliser to have it looking its best for the Christmas-New Year holiday period. Now is also a good time for a general garden clean-up. Outdoor furniture will benefit from a scrub with soap and water, and woodwork will look better with a fresh coat of paint.
- Fertilise tree ferns with half-strength liquid fertiliser and cut away any dead fronds.
- Keep the colour coming through summer and into autumn with bloomer pots of petunias, zinnias, verbenas, dwarf phlox and elegant cool white alyssum.
- Grow a selection of heirloom tomatoes to add interest and flavour to summer dishes. If you're having difficulty making choices, check out the Diggers Seeds mix that includes the top five winners from a taste test held earlier

this year - Tommy Toe, Pink Bumble Bee, Jaune Flamme, Wapsipinicon Peach and Green Grape (diggers.com.au).

- Check out the 2016 Permaculture Calendar with its rainfall/temperature chart and moon phases. It's \$14 from permacultureprinciples.com
- If you're going on holidays, line up a friend or neighbour to water while you're away. It also pays to add waterstoring crystals to pots.
- Fertilise citrus trees and check the soil around their trunks isn't drying out - apply a layer of mulch to help them through the summer.
- Get in early by pruning once-flowering roses that have already bloomed. Repeatflowering roses can be pruned too, just lightly, to encourage more blooms in autumn.
- Sow basil seed or plant basil seedlings among your tomato plants. The two not only taste great together, but the basil may keep pests away from the tomatoes.
- Clean out gutters and eliminate piled-up debris in bushfire-prone areas.
- Fill gaps in floral borders with already-blooming

columbines (aquilegia), still best known as granny's bonnets. Coming in a vast array of shapes and colours. they will self-seed once they become established.

- **Examine azaleas** for azalea lace bug, indicated by a silvery mottling of the leaves. It pays to treat the problem, caused by a minute sap-sucking bug, as soon as you see it - spray with Confidor or Maxquard.
- **■** Check that sprinkler and soaker systems are working properly and, if necessary, replace batteries in automatic water timers.
- Grow a few edible flowers such as nasturtiums, marigolds and violas to add tasty colour to summer salads.



Get in early to deck the halls with... hydrangeas



# Summer bounty

When the big blowzy blooms of hydrangeas start opening, you know summer is almost here. Wonderful for semi-shaded garden beds, they're also well suited to growing in containers, so they're great subjects for creating a focal point in the Christmas season garden. You can find well-advanced specimens in nurseries right now, with a good covering of blooms. Plant one into a decorative container and edge it with a few trailing plants like white-flowered bacopa and golden creeping Jenny (Lysimachia sp.)



# Retain-iT®

**Heavy Duty Retaining Post System** 

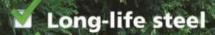
Proudly Australian Designed & Patented







Combining the strength of steel and the natural beauty of timber, Retain-iT makes it easy to construct walls up to three sleepers high.



- Professional look
- Quick and easy







# December ongardening

# Turn the moon to your advantage by following this guide from Milton Black



# Best days Second-best days

On these days, thin out seed boxes, sow all types of seeds and plant seedlings that produce their crop ABOVE the ground. These include all varieties of peas and beans, corn, cabbage, cauliflower, broccoli, brussels sprout, eggplant, lettuce, celery, silverbeet, spinach, endive, Chinese cabbage, tomato,

cucumber, asparagus, artichoke, marrow. pumpkin, capsicum, melon, zucchini, chicory, sprouts, rhubarb, all herbs (except garlic) and all agricultural crops, such as sunflower, grains, cereals, canola and cotton.

During these days, you can also plant flowering shrubs, annuals, flowers (not bulbs), cactus, flax, tree ferns, passionfruit and kiwifruit. Plant all fruit trees and trees that produce edible nuts, such as almond, pecan, macadamia and walnut. Grape and banana can also be planted during these times. Take cuttings from established trees and shrubs, and propagate. This is also a good time for planting trees and climbers and sowing new lawns.

# Best days Second-best days

On these days, sow all seeds and plant seedlings of root vegetables that grow their crop BELOW the ground, such as carrot, parsnip, radish, beetroot, onion, leek, swede, turnip, sweet potato, seed potato, yam, cassava, peanuts, garlic and ginger. This is a good time to plant flowering bulbs and bulbs for propagation and development rather than flowers. Also, plant barerooted trees, to develop root growth, and refurbish established lawn.

A favourable time for transplanting all types of established trees, shrubs, ferns and bulbs.

Weed and lightly feed. Water with seaweed-type products only.

Destroy or spray weeds, pests and noxious growth. Burn off, cut lawns, do heavy pruning and clear rubbish don't plant or transplant anything. Prepare soil and fertilise garden beds for future planting, spread and make compost, feed all established plants, shrubs and lawns, then water in. This is the best time for dethatching and aerating lawns.

Do not plant or transplant anything, as the moon is adversely aspected with the sun. Any questions? Email

milton@miltonblack.com.au

# **ON TIME** Times given in the moon-

gardening calendar are in Eastern Standard Time, EST. This applies to NSW, the ACT, Queensland, Victoria and Tasmania. If you live in South Australia or the Northern Territory, deduct half an hour. If you live in Western Australia, deduct two hours.

**During Daylight Saving** Time, add one hour.

# **ZODIAC SIGNS**

The 12 signs of the zodiac are divided into four groups: fire, air, earth and water.

Fire signs: Aries and Sagittarius are in harmony with all fruit. Leo is in harmony with nuts and all seed-producing crops. Earth signs: Capricorn and Taurus are in harmony with all root vegetables that produce crops below the ground, including garlic. Virgo is in harmony with all herbs. Air signs: Libra.

Aquarius and Gemini are in harmony with plants that produce flowers and perfumes. Water signs: Cancer, Scorpio and Pisces

are in harmony with above-ground crops, including leafy, juicy and fleshy vegetables; trees; shrubs; and lawns.

These symbols indicate which part of the zodiac the moon is in on a particular day

Aries

Taurus

Gemini Cancer

Leo

Virgo

🚨 Libra

Scorpio

Sagittarius

Capricorn

**Aquarius** 

**Pisces** 

Sun	Mon	Tue	Wed	Thur	Fri	Sat
		1 Moon in Leo	2 Moon enters Virgo at 8:10pm	3 Last Quarter moon in Virgo 5:41pm	4 10)	5 Moon enters Libra at 8:36pm
<u>Ф</u>	7 Moon enters Scorpio at 9:27pm	8	9 M	Moon enters Sagittarius at 8:25am	11 New Moon in Sagittarius 8:30pm	12 Moon enters Capricorn at 4:48pm
Moon in Capricorn	14 Moon enters Aquarius at 11:01pm	15	16	17 Moon enters Pisces at 3:46am	18 ¥	19 First Quarter Moon 1.15am Moon enters Aries 7:27am
20	21 Moon enters Taurus at 10:51am	22 8	Moon enters Gemini at 12:32pm	24 II	25 Moon enters Cancer 3:27pm Full Moon at 9:12pm	26 Moon in Cancer
Moon enters Leo at 8:32pm	28 බු	29 බ	30 Moon enters Virgo at 5:00am	31 m		

# The measure of perfection.

The new range of Anchor cream has unique one and two cup size bottles with measurement markers to ensure precise pouring.





Beautiful cream.

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anchordairy.com.au



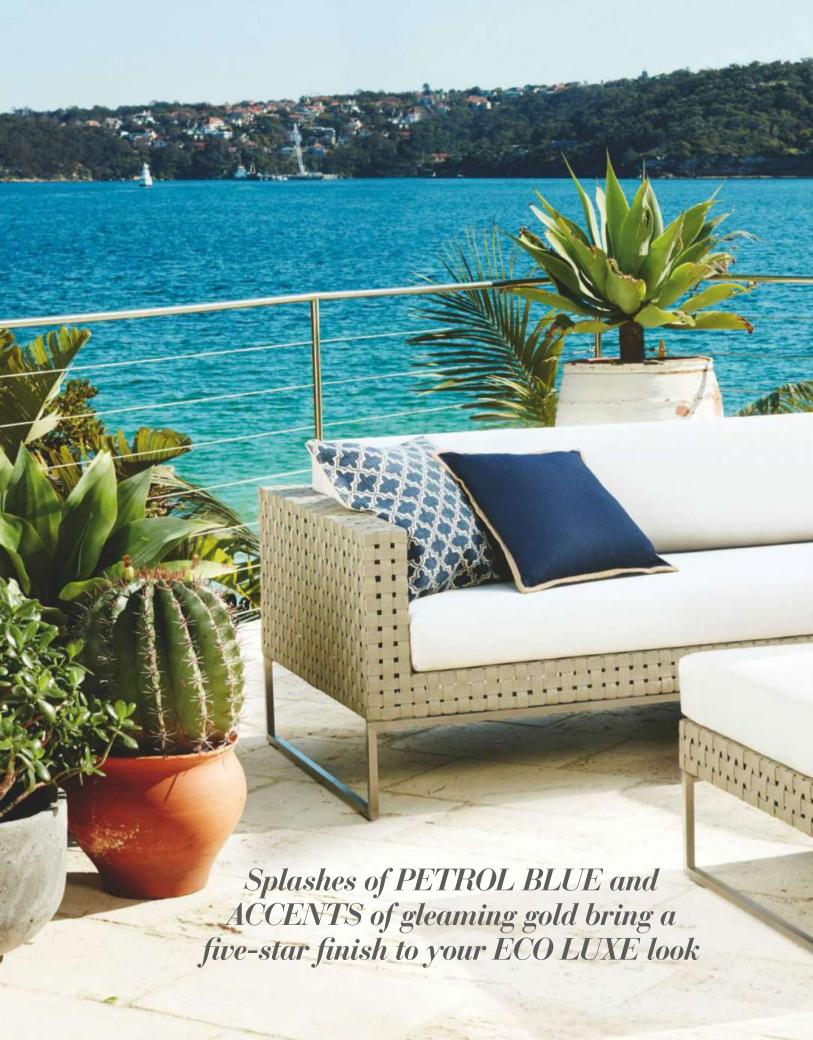














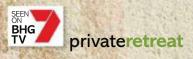




# DOMAYNE®

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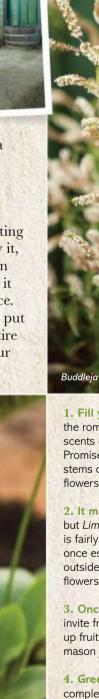
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oes your outdoor area have zero personality, zilch privacy and zip places to sit? Well, now is the time do something about it!

The warm weather is just waiting for you to come out and enjoy it, and you can bring your garden up to scratch by transforming it into a practical and lively space. Simply lay down a good base, put up a screen and soften the entire area with greenery. It'll be your new favourite hangout.





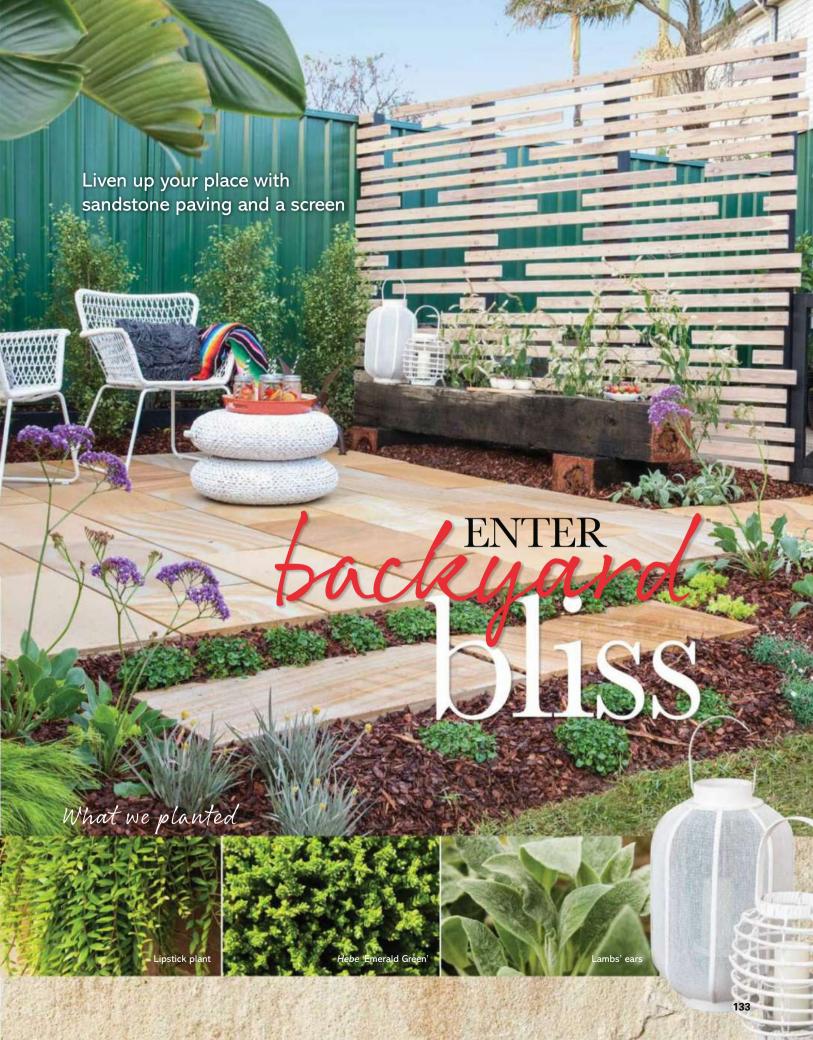




- 1. Fill your retreat with the romantic blooms and scents of *Buddleja* 'Spring Promise'. It has long slender stems of delicate white flowers that last for weeks.
- 2. It may look delicate, but Limonium 'Perezii Blue' is fairly drought tolerant once established. A looker outside, you can also cut its flowers to enjoy indoors.
- 3. Once the work's done, invite friends over and mix up fruit-infused bevvies in mason jars to celebrate!
- 4. Green the zone to complete your oasis with a selection of hardy plants. See next page for what we planted here.

For shopping details, see Stockists page







# PAVE THAT SPACE

# Gather your supplies

- 800 x 400 x 50mm sawncut sandstone pavers
- Road base
- Paving sand
- Brickie's sand
- Off-white cement

# You'll also need

Ear and eye protection; jackhammer (hired, optional); shovel; mattock; rake; plate compactor (hired); spirit level; straightedge; screed rails; float; rubber mallet; angle grinder; hammer and bolster; wheelbarrow; brickie's trowel; damp sponge; broom; kiln-dried sand

## Here's how

STEP 1 Wearing ear and eye protection, use jackhammer to break up and remove concrete, if needed. Use shovel and mattock to remove existing turf or plants and excavate topsoil to allow for thickness of paver, plus 30mm of paving sand and 70mm bed of road base. Roughly level site. STEP 2 Spread 80mm of road base evenly over area with rake. Where there is slight slope, use road base to build up areas to ensure paving site is level, with a fall to allow for rainwater run-off. Wet and compact down to 70mm with

plate compactor.



STEP 4

STEP 3 Use rake to spread 30mm bed of paving sand evenly over road base. STEP 4 Create smooth tracks along both sides of area by using straightedge. Lay screed rails into tracks you have just created. Using straightedge, steadily drag along rails, screeding off and packing sand to create a firm, level-laying surface. Move screed rails down paving bed as needed. Remove rails and smooth tracks with float.

Time For large areas, consider dividing into halves and screeding 1 half at a time.

STEP 5 Beginning in 1 corner, lay pavers in desired pattern (here, stretcher bond) allowing 2-3mm gaps between each. Gently tap tops of pavers with rubber mallet to ensure they are flush. Check level. Cut pavers to fit with angle grinder or hammer and bolster as needed.

STEP 6 Add 4 parts brickie's sand and 1 part off-white cement to wheelbarrow. Blend thoroughly and slowly add water until mixture is stiff. Haunch all sides with mortar mix, spreading at 45° angle with brickie's trowel. Use damp sponge to clean excess mix off pavers. Sweep kiln-dried sand over entire area with broom, ensuring all gaps are filled.

STEP 7 To lay steppers on access side of paved area, measure and mark approximately 200mm from edge of paving. Spread a 50mm bed of road base over area to cover size of 2 pavers. Lightly compact with feet. Shovel a bed of mortar onto road base and use brickie's trowel to create air gaps in mortar. Lay paver on top of mortar and push down. Use rubber mallet to tap into place, checking level and adjusting as necessary. Repeat to lay adjacent paver.

What we planted







# Project 2

# **STAR WITH A SCREEN**

# Gather your supplies

- 100 x 100mm H4 treated pine posts (4)
- 65 x 20mm cypress pickets
- Dulux Weathershield Low Sheen Acrylic in black and white

### You'll also need:

Shovel; quick-set concrete; spirit level; rubber glove; bucket; cloth; circular saw or handsaw; nail gun (or hammer) and nails

## Here's how

STEP 1 Use shovel to dig four 600mm-deep evenly spaced holes. Prepare quick-set concrete according to manufacturer's instructions. Position 1 post in hole and fill with concrete. Check plumb and adjust if necessary. Repeat for remaining posts. Paint posts in black Weathershield and let dry. STEP 2 Wearing rubber glove, mix half-and-half water and white Weathershield in bucket. Dip cloth in mixture and wipe over pickets for a whitewash finish. Set aside to dry. STEP 3 Use circular saw or handsaw to cut cypress pickets to random lengths. Place 1 length near bottom of posts, check level, and use nail gun or hammer and nails to secure. Ensure even spacing between pickets by placing pieces of offcuts in between and making level before securing next piece. **STEP 4** Continue securing pickets along height of posts,



# Jason's easy bench

Decorative and very easy to make, this hardwood beam-turned-bench makes a fabulous addition to a garden setting. Look for hardwood beams or sleepers at your local landscaping yard or recycling centre. Measure and cut two legs from a beam and position in or on the ground. Check and make level. With assistance, position remaining length on top. Lightly sand edges of legs and bench for a smooth finish.





varying placement of pickets for a random effect.









outdooroverhaul steps STEP STEP X

Project 1

# New deck

# Gather your supplies

- Deck base frame kit, quantity to suit (each frame covers about 1.25m<sup>2</sup>)
- Support head, legs and feet
- 137mm x 23mm Ekodeck decking boards

## You'll also need

Tape measure; cordless drill; 75mm and 85mm galvanised batten screws; 30mm galvanised hex head screws; 40mm pavers, if necessary (1 per support); spanner; spirit level; chalk line; Camo Marksman pro screw guide, screws and driver bit

# Here's how

STEP 1 Demolish any existing structures in the way (such as old barbecues or Hills Hoists) and clear old pavers and plants. STEP 2 Measure size of proposed deck, including height, then buy or order components. Using cordless drill, assemble base frame by screwing end joists with predrilled holes to shorter joists using sixteen 75mm batten screws. Predrill into end grain of short joists. STEP 3 On 1 frame, attach a support leg to each corner using 30mm hex head screws. Assemble a second base frame and join to first using 85mm batten screws. Attach support legs to outside corners of second frame only, not where they join, as leg attached to first frame will act as support here. Continue assembling, joining and attaching legs to frames in this way to reach desired width of your deck. STEP 4 Place base frame

assembly in position. If building over grass or soft ground, as here, sit feet on 40mm thick pavers. Adjust feet to set deck base at correct height;

Adjustable deck supports do away with complicated footings

determined by height of door sill less thickness of decking.

STEP 5 Use spirit level and threaded support feet to adjust height of each leg so base frame assembly is level. When correct, use spanner to tighten nuts to lock feet in place.

STEP 6 Assemble further base frames (see Step 2) and attach to those already in position. You don't need feet on these frames where they attach to those already installed, only where new frame is unsupported. Adjust feet to make added frames level with previous ones.

STEP 7 Along deck next to house, use chalk line to mark a line square to deck frame and 142mm (width of a board and a gap) from house. Cut decking to length flush with side of deck. STEP 8 Starting from 1 end,

place Camo Marksman screw guide on decking board in line with joist. Load screws into guide and screw board in place. Repeat for following joists, making sure board meets line chalked in Step 7.

STEP 9 Continue laying boards in this way, letting screw guide set gap between boards. Every 5 or so boards, measure how much of deck is still to be laid at each end of boards. If distances are different, adjust gap slightly on subsequent boards to bring them back into line.

STEP 10 Cut boards to sit vertically along face of deck frame. At corners make 1 board 23mm longer to cover board on adjacent side. Make edges flush with top of decking then predrill and screw through face of these boards into deck frame. >

> For project details, see Stockists page

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# Gather your supplies

- Upright (14) 310 x 70 x 45mm treated pine
- Seat cross piece (14) 430 x 70 x 45mm treated pine
- Seat rail (4) 2700 x 70 x 45mm treated pine
- Seat decking (9) 2700 x 137 x 22mm Ekodeck
- Seat end decking (6) 476 x 137 x 23mm Ekodeck E
- F Lower bench frame cross piece (6) 440 x 190 x 45mm treated pine
- Lower bench frame rail (2) 3915 x 190 x 45mm treated pine
- H Bench block 440 x 45 x 30mm treated pine
- Long upper bench rail (2) 2315 x 140 x 45mm treated pine
- Long upper bench cross piece (2) 440 x 140 x 45mm treated pine
- $\mathbf{K}$ Bench cleats (10) 300 x 70 x 45mm treated pine
- L Short upper bench rail (2) 600 x 140 x 45mm treated pine
- M Short upper bench cross pieces (3) 440 x 140 x 45mm treated pine
- N Long bench decking (6) 2349 x 90 x 19mm spotted gum decking
- O Short bench decking (6) 615 x 90 x 19mm spotted gum decking
- Barbecue base sheet 530 x 1030 x 15mm compressed fibre cement
- Barbecue side sheet (2) 530 x 125 x 15mm compressed fibre cement
- Face decking (4) 3934 x 90 x 19mm spotted gum decking
- End decking 530 x 90 x 19mm spotted gum decking

## Here's how

STEP 1 The seat frame consists of 7 treated pine rectangles joined with treated pine rails in each corner. Over the frame goes Ekodeck decking boards on top and sides. Before fixing seat end decking, place it in position and screw down through frame into structure of deck so it won't move.

STEP 2 To make treated pine frame for barbecue bench, a lower frame goes in first. One end is fixed to frame for seat and other end to a fence (as here) or posts attached to structure of the

deck. The upper frames go in next and have a gap between them to fit barbecue. Join upper and lower frames with cleats. STEP 3 Screw decking boards to top, end and face side of barbecue bench frame. The barbecue must have something noncombustible around it, so screw fibre cement sheets

to frame where barbecue

coats of clear exterior timber

will sit. Finish off with 2

finish to protect timber.

We've put the step-by-step instructions to make the bench seat and barbecue bench on a project sheet to make it easy for you to create at home.

To get your project sheet, visit bhgshop.com .au/projectsheets where you can download the project sheet, or post a stamped (\$1.20), self-addressed C5 (162 x 229mm) envelope to Better Homes and Gardens, Bench seat & Barbecue, December 2015, GPO Box 7812, Sydney NSW 2001. Please allow up to 14 days for postal delivery.



# You'll also need

Power saw; nails and nail gun; Camo Marksman pro screw guide, screws and driver bit; cordless drill; 150mm galvanised batten screws; 50mm stainlesssteel decking screws; 3mm M plastic packers; angle grinder (to cut fibre cement); clear exterior timber finish R For project supplies, D see Stockists page

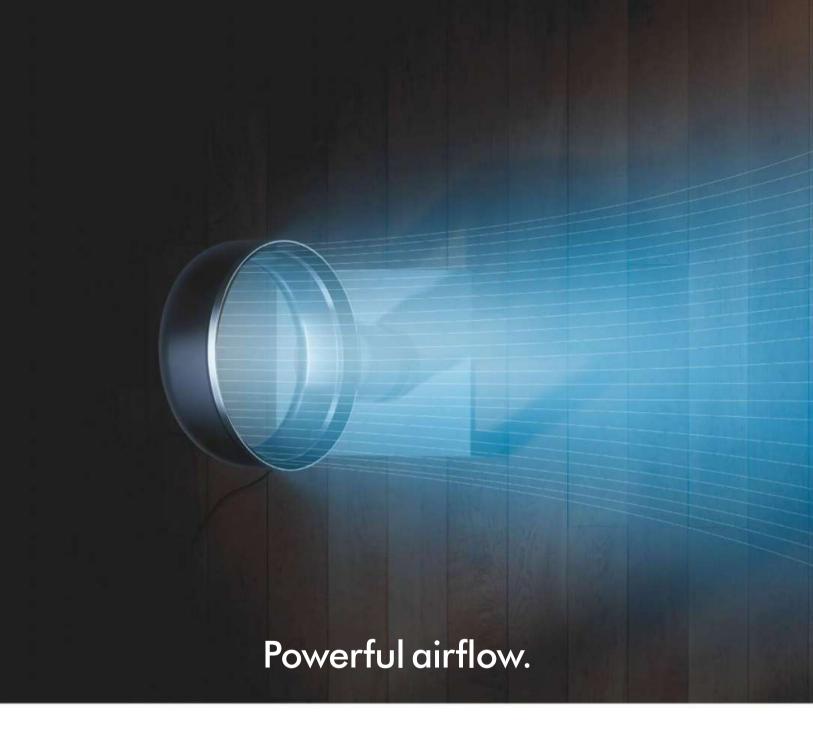
Photography Brent Wilson; styling Marion Glover; project Katie Burgess, Greg Sparke; diagrams Stephen Pollitt



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- Keep the look crisp with pure whites think walls and shutters.
- Add texture with bare boards, pale carpet and natural fibre rugs.
- Furnish with weathered or distressed furniture.
- Maintain order with woven baskets and rattan suitcases.
- Use a single accent colour as a recurring theme.
- Choose nautical stripes and maritime motifs for cushions. No frou-frou frills!

# Keep your cool



MSZ-FH residential inverter air conditioner (three models available), POA, Mitsubishi Electric Australia.





# seasonalstyle Re-cover a basic footstool with woven upholstery fabric inspired by traditional Native American artistry. .....

**Collect chunky character furniture** and carry off any theme – like this Native American-inspired look – with ease! Love the brick-effect wallpaper and leather seating.



- Favour vintage and weathered furniture.
  Embrace their natural imperfections and beautiful patina especially if made of reclaimed materials.
- Swap out tribal-inspired accessories and you'll find character furniture like these pieces work well with many other decorating styles eclectic, vintage, industrial you name it!
- Go for aged or pre-aged — leather sofas and chairs with stitched detailing, edged with metal tacks (not too shiny and new). Note the stud detailing on the bedhead (see right).
- Decorate with red, yellow, blue, green, purple, black and white as well as earthier tones of terracotta, saffron, cassis, ivory and sage.
- Woven textures and bold patterns mix well with Anatolian kilim designs.
- Complement textiles with themed ceramics and artwork.
- Stitch up cushions a little fabric goes a long way with this look. Check out Osborne & Little's Lorca Amerindia range of heavily textured cotton and linen, coordinating patterns in Navaho, Hopi, Zuni, Mohawk and Kiowa.

Keep your cool

Wave 132cm ceiling fan in Dark Koa with LED light, \$499, Beacon Lighting.







- Pick a colour to refresh your spaces — turquoise is in right now. Repeat it throughout — without going overboard — in a rug, a vase, a cushion...
- For a play on geometry, juxtapose rounded pieces with rectangular, square and trapezium-shaped pieces. Check out the rugs, lighting, sofas and armchairs.
- Include a built-in bench with drawers to hide less attractive items. It also comes in handy for spare seating.
- Celebrate summer flowers or foliage in shapely vases.

Keep your cool

Lifestyle range reverse cycle air conditioner ASTG34KMTA, POA, Fujitsu General.

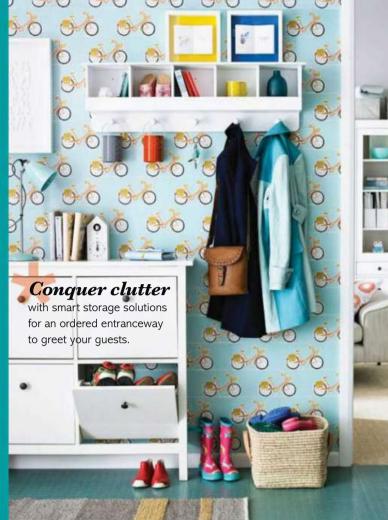


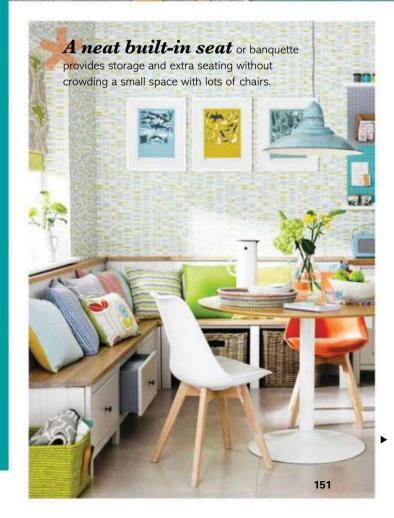
















- Fun floral fabrics are excellent for reviving rooms. Perhaps it's time to reupholster and give your rooms a cheerful, positive and summery mood all year round.
- Set the summer tone with stylish photos or prints of water views. Gather your art, collectibles and magazines and get started.
- Just one or two pieces, repainted or reupholstered in a vibrant colour can completely change the mood of your home.

# Keep your cool



Roto 3 blade fan only in Matt Black, \$349, Beacon Lighting. Photography GAP Interiors/Mark Bolton





# "MERCURY, DOWN."





# BE IN TOTAL CONTROL WITH FUJITSU.

Keep the temperature down and your bills down too, with our latest generation Fujitsu Air Conditioners. They're designed to give you total control. Powerful Mode instantly boosts the unit to full power, delivering stronger airflow and a rapid burst of cooling air, keeping you in control of your comfort. Our filters use static electricity to clean fine particles and dust in the air to help keep allergies down. And our units can even keep noise down, with low noise mode. How's that for control?

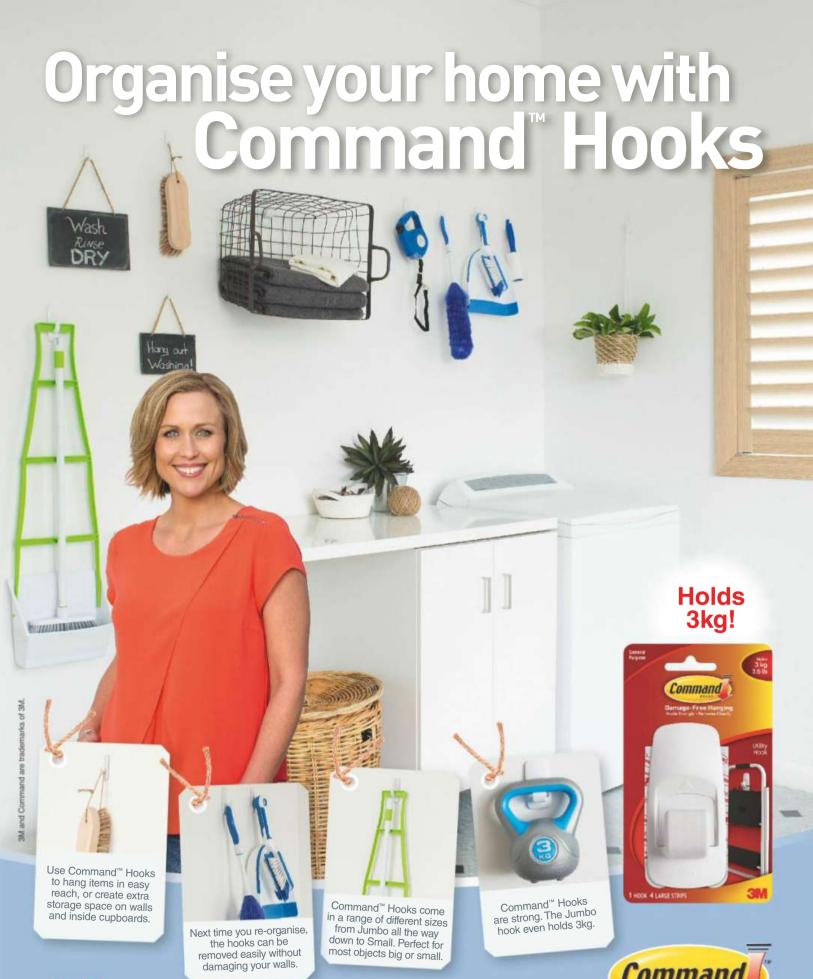
To find the right unit for you, or your nearest dealer, visit www.fujitsugeneral.com.au











**3M** 

CommandBrand.com.au

Transforming the arch makes the room feel bigger!

# 1. Squaring off

a curved archway will make your living space look more open and modern. Bonus: it's an achievable DIY project.

BEFORE

# resquare

Welcome new lines and open up space in your lounge room

EIEI

eature arches between rooms were at peak popularity in homes built in the '70s and '80s, but for some of us, it turns out not *all* things retro are destined to be trendy again! Remove your curved archway with this modernising transformation that isn't too difficult to pull off. Follow these simple steps and you'll have your house back to square one – and in line with your style – in no time.



of timber reveal to line 1 side of opening, measure from floor to level pencil line on wall. Deduct 25mm and cut reveal to length. Repeat on other side of opening. Label each piece for later assembly.

STEP 5 To determine length

**STEP 6** To determine length of reveal across top of opening, measure along floor on each side, between where floor covering is in good condition. (This is so whole reveal will cover any exposed rough flooring.) Add thickness of 2 side reveals (here, 36mm) to determine length of top reveal.

STEP 7 Sit 3 pieces of reveal on

edge next to opening. Spread PVA glue on 1 end of 1 side, then butt into top piece flush with 1 end. Pre-drill and screw through top into side using 50mm wood screws. Repeat for other side. STEP 8 Put reveal assembly into position in opening. At bottom, make 1 side of reveal cover any rough flooring. Put plastic packers between timber stud and reveal, then use nail gun to nail through reveal into frame.

STEP 9 Make reveal plumb, packing between it and timber stud as required. Repeat to secure reveal on other side of opening. Make top reveal piece level, then pack to secure, and nail.

STEP 10 Use combination square to mark edges of reveal 5mm from face. At bottom of opening, make a plumb cut on existing skirting width of architrave (here, 90mm) from this mark. Repeat for all sides of opening.

STEP 11 Measure and cut architraves so edge meets 5mm line marked in Step 10. Use mitre box to mitre corners. Spread construction adhesive on back, then nail into reveal and wall framing. STEP 12 Fill nail holes with wood filler. Leave to set then sand smooth. Use acrylic gap filler to fill gaps. Let dry. Apply undercoat to filled areas. Let dry, then apply 2 coats of selected colour (we used Vivid White), allowing to dry between coats.

# **REMOVE AN ARCH**

## Gather your supplies

- Timber to suit wall thickness for reveal, 3 x 2.4m lengths
- Architrave to match existing, 3 x 5.4m lengths

### You'll also need

Spirit level; pencil; multi-tool; hammer; old chisel; power saw with fence attachment; sandpaper; PVA glue; drill and bits; 50mm wood screws; plastic packers; nail gun and nails; combination square; mitre box; construction adhesive; wood filler; acrylic gap filler; Dulux 1 Step Primer, Sealer & Undercoat; Super Enamel semi gloss (Vivid White); Dulux Wash and Wear low sheen acrylic

### Here's how

STEP 1 Using spirit level and pencil, draw a plumb line on wall 10mm from sides of arch and a level line 10mm up from its highest point. Extend level line 50mm past plumb lines. Repeat for wall on other side of arch.

STEP 2 Using multi-tool, cut through plaster along lines, stopping at corner where they meet. Use hammer and old chisel to pull plasterboard off timber frame. STEP 3 Demolish timber frame of arch, leaving only vertical timber studs and horizontal beam in wall. STEP 4 Measure thickness of wall. If there is no standard-width timber to fit this thickness, go to the next largest width. Using power saw with fence attachment, cut timber to width to match wall thickness. Sand cut edge to remove saw marks.













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# Grow delicious veggies you'll love to share.

# Pure Organic

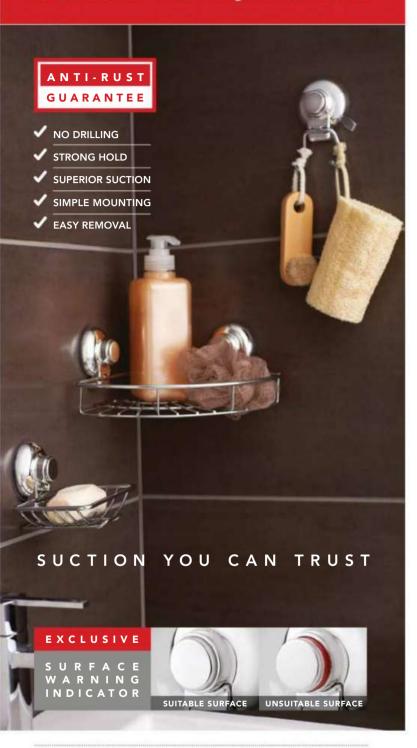
It's organic and it works!

Veggies picked ripe from your own garden taste better and are more nutritious. The Scotts Pure Organic range of soils and plant foods are certified organic and have no added chemicals. They feed for three months, so your plants get all the essential nutrients they need.





# NALEON™ No Drilling. No Mess. No Fuss.



### THE CLASSIC COLLECTION



Large Chrome Shelf



Chrome Basket 3 in 1







# bathroommakeover

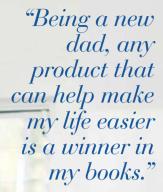


Photography Chris Jones; styling Vanessa Tidy; bathroom design Hannah St John



Take out tough stains with Dynamo

s Tom Williams knows, life can be a messy business, especially when you're having a good time. Cooking, training, fixing the car - whatever you do and whatever life throws at you, it's good to know you've got a secret weapon. **Dynamo's Stain Lift Technology** lifts dirt and stains and keeps them from re-depositing back onto your clothes, for great results in the laundry - minimum effort required.



- Tom Williams



# LAUNDRY TIPS

## **SORTING IT OUT**

- Separate your laundry by fabric, colour and soiling level for best washing results.
- It's also a good idea to wash heavy lint shedders like blankets separately and to clean out the lint filter in your washing machine regularly.

# WHAT TO DO WITH STAINS

- Act fast and rinse stains in cold water before they have a chance to set.
- Don't rub stains as this may push the stain further into the fabric.
   If you're not sure what the stain is, avoid using hot water as this could set the stain.
- Avoid using chlorine bleach, unless the garment tag says it may be used.

# KEEPING WHITES NICE AND BRIGHT

- Separate heavily soiled items from lightly soiled items.
- Use warm or hot water if suitable for the fabric.
- Ensure clothes can circulate freely through the water.
- · Dry clothes in the sun.

# KEEPING COLOURS AND DARK CLOTHES VIBRANT

- Turn black clothes inside out before washing.
- Separate heavily soiled items from lightly soiled items.
- · Wash in cold water.
- Ensure clothes can circulate freely through the water.
- Turn inside out when hanging up and don't dry clothes in full sunlight.

# WASHING WITH A FRONT LOADER OR HIGH EFFICIENCY TOP LOADERS

- Use a detergent specially formulated for front loaders and high efficiency top loaders, as this won't over-foam and damage your machine.
- For best results use the recommended amount of a premium detergent such as Dynamo.







# FIRST IMPRESSIONS COUNT

Update your home EASY DIY INSTALLATION





he most basic of toolkits needs to include masking tape because of its versatility and multiple uses. Here are four ways that it can help you get jobs done around the home.



# Paint sharp lines

- When painting two colours on one wall, lay a strip of masking tape along desired border and press down firmly. Paint the existing wall colour along the edge this will seal the edge of the tape. Leave to dry.
- Paint the new colour on the wall. Because the tape edge is sealed, the new paint can't bleed out underneath the tape. When you peel it off, you're left with a clean, straight line.



# Clamp a frame

- Making a frame? Cut your pieces and lay them out flat in a line, in order, so long points of mitre meet. Apply a length of masking tape across each join and have a length hanging off one end.
- Turn frame pieces on their edge and apply glue to mitres. Draw frame pieces together so joints are tight, making sure frame is square. Apply extra tape across corners to brace. Set aside while glue dries, then remove tape from frame.



# Guide drill depth

■ Wrap tape around a drill bit to mark the distance from the end as the hole will be deep. When drilling, the flap of tape will whisk away sawdust from the timber, letting you know that you have almost reached the required depth.



# Mask fast and easy

■ Unroll only 20cm of tape and hold roll flat against painting surface. Pull tape tight, bring down onto surface to be masked and press in place. Repeat, again unrolling only 20cm at a time. Soon you'll get into a speedy rhythm.



# Bathroom bliss

Keeping your bathroom clean and hygienic can be a breeze with the new Dettol Healthy Clean range.

ven when we have the best intentions, keeping the family bathroom clean and tidy round the clock can be a challenge. No one wants to spend all their free time scrubbing and scraping, and seeing little results. Fortunately the new Healthy Clean range from Dettol has you covered. Its effective range of bathroom products kills 99.9% of germs\* and helps you achieve a clean, fresh and hygienic bathroom fast. Mums everywhere are loving how quick and easy it is to keep their bathrooms fresh and beautiful with the new Dettol Healthy Clean range, and you will too.

Wow, amazing!
After trying so many products
on my shower... it is great to
find something that actually
works like the ad says!

- Mom137951, mouthsofmums.com.au "I think I have just found my new favourite bathroom cleaning product. No scrubbing and it smells great. A definite winner here!"

- Sandra\_S Said, mouthsofmums.com.au

## FOR MORE INFORMATION VISIT **DETTOL.COM**

\*Dettol Healthy Clean Bathroom spray, Kitchen spray, Mould spray and Dettol Rapid Bathroom Foam provide 10x better protection from germs (S. aureus) vs the leading non-antibacterial surface spray trigger cleaner (MAT 16/12/14) based on microbiology testing. Always read the label. Use only as directed.



# **THE RANGE**

# DETTOL HEALTHY CLEAN BATHROOM SCRUBBING WIPES

Wipe away tough soap scum and dirt

# DETTOL HEALTHY CLEAN BATHROOM SPRAY

Penetrates and dissolves tough soap scum and grime

# DETTOL HEALTHY CLEAN BATHROOM RAPID FOAM

Powers through soap scum and dirt

# DETTOL HEALTHY CLEAN BATHROOM MOULD REMOVER

Removes the source of mould and allergens

# DETTOL HEALTHY CLEAN KITCHEN SPRAY

Cuts through tough grease and grime



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# Smooth things over with these nitty-gritty tips

is graded by a number

that reflects the size of the

grit on the paper. The lower the

number, the coarser it is. The most

commonly used grits are 120-240.



# SANDPAPER SHEETS

To get the best use out of a sheet of sandpaper and reduce wastage, follow the 'thirds method'.

STEP 1 Fold a sheet of sandpaper into thirds crossways. Tear or cut the paper along the creases formed in the paper.

STEP 2 Take one of these thirds of a sheet and fold that into thirds with the three sections folded over each other.

STEP 3 Sand with ■ Begin with a fine paper and move the folded section on to even finer grades until you have until it is dull, flip a smooth surface. over to use the ■ When sanding timber, always second section then sand with the grain so any flip again to use the minor sanding scratches third. As well as reducare disguised. ing waste to zero, the third fold reduces the tendency of the paper to slip when in use and will give you a firm edge to get into corners.



# SANDING SPONGE

This is a flexible sanding block with grit on its surface used for tackling curves and other odd shapes. The sponge conforms to the shape

as it is pressed down into position. Sponges are available in a range of grits from very coarse to very fine so there is a grade to suit any job you are doing.



# CORK BLOCKS

This sturdy rigid block provides a sturdier backing for sanding flat surfaces. It is firm enough to keep the paper against the job

yet has enough give so you don't destroy the paper. Just like using sanding sheets, there is a method to getting the most out of ■ Sandpaper

the paper when using a sanding block.

> STEP 1 Cut or tear sheet of sandpaper into thirds (see tip 1). Place block in centre of one of these thirds of a sheet and wrap the sandpaper tightly around the block.

STEP 2 Begin sanding, holding the block tightly

on the sides. When the paper on the bottom of the block is worn, shift the paper around the block until an unworn section is on the bottom and continue.

# TRICKY CORNERS

Getting into those hard to reach places can be difficult, so here's a tip. STEP 1 Cut a square of sandpaper slightly bigger than a flexible

filling blade. Coat the back of the paper with spray adhesive and press firmly onto the blade. Leave to set.

STEP 2 Use a sharp knife to trim off the sandpaper overhanging the sides of the blade.

STEP 3 Press the blade, with sandpaper face down, into the corner and sand as normal.

# neo

Pot plant care made easy Self-watering planters















www.northcotepottery.com





# Tying the knot 1. Using rope to make your macramé allows the sculptural beauty of the knots to shine. Hang your creation on a contrasting painted background, as this **AND ON TREND** highlights the intricate beauty of the design. free PROJECT SHEET For shopping detail see Stockists page 172

# knot&stitch

# MODERN MACRAMÉ AND GIANT CROSS-STITCH

If you thought macramé and cross-stitch had disappeared long ago, think again!
Macramé is hot in homewares right now and it's really easy to get the look without your tummy turning into knots over the price tag.
And even if you're not an embroiderer, you'll love oversized cross-stitch – hello big impact art on a budget! Simple to learn and quick to do, the design possibilities of the new-look macramé and cross-stitch are endless. Get started with the stitching project (below), then collect your project sheet for the full, how-to modern macramé instructions (see next page).

### **CROSS-STITCH**

## Gather your supplies

- 24 x 24in (60 x 60cm) stretched artist's canvas
- Denim cotton fabric to cover canvas
- Staple gun
- Ruler and pencil
- 8-ply wool in colours of your choice
- Size 22 tapestry needle (2)

# Here's how

**STEP 1** Cut a piece of denim fabric large enough to cover the front and sides of your

canvas, allowing enough excess to staple fabric at back. Keeping fabric taut and straight, staple two opposite sides in place first, then staple remaining sides, folding and stapling fabric neatly at the corners.

**STEP 2** Using ruler and pencil, rule up an accurate grid of 2cm squares on the back of canvas, positioning edges of grid about 5cm in from wooden frame. Take care to get first row of grid in line with frame,











For project details, see Stockists page

otherwise your design will look crooked when complete. STEP 3 Using the Giant cross-stitch diagram (below) or a design of your own choice that will fit into your grid, transfer crosses to ruled grid with pencil. STEP 4 Thread a double

length of wool into your tapestry needle and knot ends. Starting at a corner point on one square of ruled grid, take needle through canvas, from wrong side to right, and pull thread through until knot engages. Now take it diagonally across one grid square and reinsert it at opposite corner. You might find it easier to find this insertion point if you use a second needle to pierce the canvas from the back. showing you exactly where to reinsert the needle from the front. The diagonal stitch you have just made is called a half cross-stitch.

Tip Don't make your yarn too long or it will get ragged

as you stitch - about 30cm when doubled is fine.

STEP 5 Continue to make half cross-stitches on front of canvas, wherever a cross is marked on your grid. Stitches should slant in the same direction. If you have a row of crosses on the grid, you can work all the half crossstitches in the row, then turn the canvas and work back along the row, making another half cross-stitch over the top of each previous stitch, but this time slanting all the stitches in the opposite direction, so you end up with completed crosses. These stitches will be easier to do, because you can use the previous half cross-stitches to show you where to insert the needle. On the back of the canvas, the thread will follow the vertical and horizontal lines of the grid.

STEP 6 Work crossstitches until you have worked a stitch for every marked cross on your grid. If you need to skip squares, you can jump to where you need to be if it is only a couple of squares, but avoid dragging yarn for long distances across the back of your work because it will get messy. It is better to end off, then start again in a new place. When you need to start a new length of yarn or a new colour, you can weave the old yarn under several threads at the back to secure it or just tie a knot close to the surface. Then simply begin the new yarn with a knot, as before.

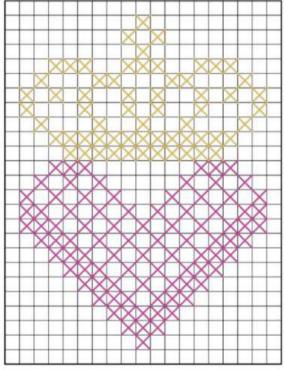
STEP 7 Check all loose ends are secure. The canvas is ready to display.



We've put the step-by-step instructions to make the macramé wall hanging on a project sheet to make it easy for you to create at home.

How to get your project sheet Visit bhgshop.com.au/ projectsheets where you can download the project sheet, or post a stamped (\$1.20), selfaddressed C5 (162 x 229mm) envelope to Better Homes and Gardens, Easy-To-Do Knot & Stitch GPO Box 7812, Sydney NSW 2001. Please allow up to 14 days for postal delivery.





Giant cross-stitch diagram



Cleaning kitchen surfaces is an essential chore, but it probably isn't your favourite pastime. Make them shine in seconds with Pine O Cleen total shine system

Kitchens are hardworking spaces that don't take much to show the signs of use. We all want a clean, shiny kitchen, but who wants to spend their life cleaning? If you want to cut through grease and grime, kill germs\* and leave your surfaces shiny and fragrant in seconds, pick up the Pine O Cleen. The new kitchen range of wipes, trigger sprays and floor cleaners helps you get the job done in a flash, so you can clean less and live more.



# SPARKLING SHINE

Pine O Cleen Pomegranate Blossom Kitchen Expert Spray is the ultimate solution to quickly and easily cut through tough baked-on stovetop grease, leftover food stains and spills. The results give cabinets, benchtops and sinks a dazzling shine you can see and a lasting pomegranate fresh fragrance you can smell in seconds.

# **QUICK TIDY-UPS**

If you need a quick onceover or between bigger cleans, grab a convenient pop-up pack of Pine O Cleen Crisp Apple Wipes. Simply wipe over your surfaces, taps, sinks and splashbacks to remove dirt and give a beautiful shine and a fresh fragrance.



# RESTORE FLOORS

Hard flooring can have a hard life between foot traffic, scuffs and life's inevitable spills. Make it shine with Pine O Cleen Pomegranate Blossom Floor Cleaner. Just a little in warm water will whisk away dirt and grime and help leave a gorgeous shine and a fresh fragrance.



# FOR MORE INFORMATION VISIT PINEOCLEEN.COM.AU

# Summer Summer Clauser States and States and

Whether you want to stand out or like it low-key, do it in style and comfort with the Ziera Summer 2015 range

# **PURE COMFORT**

Stylish on top and heavenly underfoot, Ziera's entire range is built on comfort from the ground up.

Premium-quality leathers, shock-absorbing rubber soles and specialised comfort engineering give feet the support they need, with the good looks and fashionable styles you'll love to wear.



Percy and Pasqual sneakers, both in Red or Yellow, \$129.95; Red beach bag, \$39.95.

# SUMMER TREND

Choose your style from slip-ons, loafers or sandals and enjoy unrivalled comfort in living colour all day, every day.

## PRINT PERFECT

Inspired by the strong botanical motifs for spring/summer, Ziera has created an exclusive monstera leaf print for their canvas sneakers and beach bag. Ziera's casual range comes in the season's trending sorbet colours such as papaya, lemon yellow and aqua that almost look good enough to eat.



Ziera brings together premium materials, in-depth knowledge of the foot and constant testing to create shoes so luxuriously comfortable you can wear them all day, every day.



# Shave, trim and transform with the flip of a handle.



The only waterproof bikini trimmer and hydrating razor in one.

New Schick Hydro Silk TrimStyle hydrates longer than any other razor and features 5 Curve Sensing blades to deliver incredible closeness. With a flip of the handle, the TrimStyle transforms into a waterproof bikini trimmer, which can be used in and out of the shower for convenient bikini maintenance. FREE YOUR SKIN.







The hottest buzz in makeup right now is contouring - the placement of light and dark shades to soften certain areas and enhance others. The optical illusion it creates by sculpting the face can even make you look like you've dropped a kilo or two! The trick is to keep it natural by blending and blending again.

Contouring products come in sticks, powders and creams and can be purchased individually or as a kit. Use the guide (left) to determine your face shape, then follow the pattern for flattering definition.

- Highlighter will help certain areas and features stand out and give your complexion a gorgeous glow. Use one that is at least two shades lighter than your skin tone.
- Bronzer will add shadow, for example by contouring under your cheekbones and then highlighting above, they will stand out. Use one that is non-shimmery and 1-2 shades deeper than your skin tone.
- Blending brushes have soft densely packed bristles that easily diffuse colour - blending light into dark and dark into light. >



182

Terre Saharienne Bronzing Powder SPF12, \$79.00, YSL

For shopping details, see Stockists page



## A moment of pure joy

Indulge your hands with the uplifting and delightful scent of sweet pea

hether it's a beautiful fragrance that wafts through the breeze, or an unexpected hug from a loved one, it's often the little things in life that take us by surprise and fill us with so much joy.

### KILLS 99.9% OF GERMS

Palmolive

Make sure you enjoy little moments of bliss every day with new Palmolive Sweet Pea Foaming Hand Wash. The luxurious formula kills 99.9 per cent of germs and will leave your hands with the beautifully uplifting scent of sweet pea.

**TIP:** Keep a Palmolive Sweet Pea Hand Sanitiser in your bag for delightful scents and germ protection anywhere, anytime.

SWEET PEA



WWW.PALMOLIVE.COM.AU





### bling it on!

Make your own crystal jewellery and sparkle your way through the party season

### 4CM EARRINGS

### Gather your supplies

- 2 x 15mm lcicle-style Swarovski crystal beads
- 2 filigree components
- 20cm fishing line
- 10 large gold seed beads
- 2 x gold 5mm split rings
- 2 x shepherd hooks

### You'll also need

Jewel glue, scissors, pliers

### Here's how

**STEP 1** Glue tip of crystal beads to filigree components with glue. Let dry.

**STEP 2** Cut fishing line into two equal lengths.

Thread a crystal bead with its component attached onto fishing line. Tie one end to bead. Tie a few knots over each other to secure in place.

**STEP 3** Thread 5 seed beads onto fishing line followed by a split ring and knot to secure in same way as securing bead.

**STEP 4** After knotting at both ends, thread remaining small length of fishing line back through seed beads and trim.

**STEP 5** Using pliers, open loop on shepherd ring. Place split ring into shepherd hook loop and close to secure.

**STEP 6** Repeat Steps 1–5 to complete remaining earring and make a pair.

### 43CM NECKLACE

### Gather your supplies

- 25 x 15mm lcicle-style Swarovski crystal beads
- 25 filigree components
- 60cm fishing line
- 2 x gold 5mm split rings
- 130 large gold seed beads
- 1 x 6mm spring ring

### 21CM BRACELET

### Gather your supplies

- 11 x 15mm lcicle-style Swarovski crystal beads
- 11 filigree components
- 40cm fishing line
- 2 x gold 5mm split rings
- 60 large gold seed beads
- 1 x 6mm spring ring

### You'll also need

Jewel glue, scissors, pliers

### Here's how

**STEP 1** Glue tip of crystal beads to filigree components using jewel glue. Let dry.

**STEP 2** Tie one end of fishing line to one of the split rings. Tie a few knots over each other to secure.

**STEP 3** Thread 5 seed beads onto fishing line. After knotting through, thread remaining small length of fishing line through seed beads, too. Trim off excess length.

**STEP 4** Thread a crystal bead with its component attached, followed by another 5 seed beads. Repeat Steps 3–4 until all beads are threaded, finishing with 5 seed beads. **STEP 5** Thread remaining

split ring onto fishing line and knot to secure in same way as first split ring. Thread excess fishing back through last 5 seed beads, trimming excess. **STEP 6** Using pliers, open loop on spring ring. Place split ring in spring ring loop and close to secure.

For project supplies, see Stockists page

# Suffering from joint inflammation?



### Bioglan Curcumin

Many Australians suffer from the symptoms of mild arthritis including pain and inflammation. Bioglan Curcumin helps relieve symptoms of mild arthritis and may help:

- Provide temporary relief of mild arthritis pain
- Increase joint mobility







So many great spur of the moment things happen in the Australian sun. The sort of fun you just want to be a part of. But you need to come prepared with a quality sunscreen to help protect skin against the harsh UV rays. SunSense sunscreens provide SPF 50+ broad spectrum protection, to help defend against sunburn, sun damage and premature ageing. So, for the highest UV protection<sup>\*</sup> in Australia, keep SunSense sunscreen on hand.

### LOOK OUT FOR SUNSENSE, AUSTRALIA'S NO.1 SELLING SUNSCREEN BRAND IN PHARMACIES', SUNSENSE WILL LOOK OUT FOR YOU.



'tis the season
Who's ready for
Christmas? You

The season
Christmas? You

The season
Th

Who's ready for Christmas? You are! Face the big day head on with these tips for a zen-like holiday

hristmas is coming faster than a freight train and there's a million things to do. Don't be derailed! Here at BHG, we subscribe to the well-proven theory that if Mama ain't happy, nobody's happy! So, put yourself front and centre for a change; take time out to pamper yourself pretty and to celebrate with friends. While you're at it, ditch any unrealistic expectations that ramp up seasonal stress. Best Christmas ever? Coming right up!

Adopt a new mantra
Repeat after us 'not my circus, not my monkeys'.
Remember, just because someone's throwing a drama party, doesn't mean you have to attend. Do not be drawn in! Of course, sometimes it is your circus and they are your monkeys...
good luck with that!

### Breathe

Even if you love the hustle and bustle of the season, stress can still take hold. It might manifest as a tension headache or even mild anxiety. If you begin to feel overwhelmed, try this relaxing, deep-breathing activity known as the 4–7–8 method, made popular by American integrative medicine expert Dr Andrew Weil.

- **1. Place your tongue** against the top of your mouth just behind your teeth and keep it there throughout the exercise. The idea is to exhale around your tongue.
- **2. Inhale. Exhale completely** through your mouth, making a whooshing sound.
- **3. Close your mouth and inhale** quietly through your nose for a count of four.
- **4. Hold your breath** for a count of seven.
- **5. Exhale completely** through your mouth for a count of eight.
- **6. This forms one breath.** Inhale again and repeat the exercise three more times.

This breathing technique acts like a natural tranquilliser. You may experience some light-headedness at first, but this is normal. Start out slow and only do the exercise a couple of times each day.

### OON'T SWEAT THE SMALL STUE

Didn't get the house painted, landscaping completed or skirting boards scrubbed clean with a toothbrush in time to have people over? Oh dear. Better cancel the festivities! Seriously, if there's anything you should cross off your to-do list, it's worrying about things like this. Noone's judging you. Stress less, enjoy more!

Editor's choice

### Sip this ...

### Green tea chia refresher

Add a tablespoon of chia seeds to a large refillable water bottle filled with iced green tea or plain water jazzed up with water flavour drops. Shake well and sip slowly. The chia seeds add a crunchy, nutritious and superfilling edge that makes this drink more like a meal to keep you energised and hydrated on the go.

Hang with your best girls

What's better than a night out – or in – with your besties? Nothing! So celebrate by gathering with friends and making your time together your gift to each other. Paint the town red in your dancing shoes or play party games in your PJs with wine and pizza.

FUEL UP

It's tempting to devour all the seasonal goodies in sight and put healthy intentions on the back burner in the mad weeks leading up to Christmas. We say go crazy, just not too crazy as it's easy to slip into bad habits that are tough to reign in later. If nothing else:

- Don't neglect your water intake; keep chugging it back.
- Get in at least one healthy meal a day.
- Stick as close as possible to your regular exercise regime.
- Snack smart. A handful of almonds, a cup of fresh popcorn or wholegrain toast with avocado are tasty fill-me-up snacks.

Recapture the magic

Don't get so caught up in the crazy that you forget the reason for the season. Take the kids to visit Santa's grotto, attend a Carols by Candlelight performance, make a family trip to a Christmas tree farm to cut down your own fresh tree, attend a service at a local church or volunteer at a soup kitchen or homeless shelter. And be thankful for all you have!

### **ROCK THE FROCK**

If the thought of having to find a fabulous outfit for every soiree you're invited to over the hols fills you with dread, try this on for size; invest in one simple, black shift dress. Classic and timeless, a black shift can take you from the office to the shindig in an instant. Pair it with flats and a light cardy for daytime. Dress it up with heels, a bit of bling and look-at-me red lippy for evening. Put your hair up, change your make-up, switch accessories and you could wear the dress six different times and never look the same. Case solved!





### Try this at home!

### Relax tight muscles with this stress-busting yoga pose

Health

editor's

choice

- 1. Lie on the floor, feet in the air, with your butt as close to a wall as possible.
- 2. Extend your legs upward, hip-width apart, and rest your heels against the wall.
- 3. Hold the position for 10–20 minutes, breathing gently in and out.
- 4. Place a folded towel under your hips for support, if necessary.



The festive season

calls for serious top to toe pampering. We're talking cut and colour, mani and pedi, facial, full body massage, spray tan, waxing, the works. So go on, book those appointments now!

YOU DON'T HAVE TO LOVE

TO HAVE A WEAK BLADDER

Over 40% of women who experience bladder leakage are under 45°. And it's really nothing to stress about with Carefree® Plus liners for Light Bladder Leakage (LBL). They absorb more fluid than period liners† but are still thin and discreet so you stay comfy and dry all day, every day.

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### betterhealth

Cycle safely, avoid pesticides and manage stress



Why you should wash fresh foods

To avoid consuming potentially toxic pesticides, be vigilant about washing what not-for-profit organisation Environmental Working Group calls the 'Dirty Dozen': apples, strawberries, grapes, celery, peaches, spinach, capsicum, imported nectarines, cucumbers, cherry tomatoes, imported snap peas and potatoes. These tested highest for pesticides out of 53 popular fruits

and veg. Another option: go organic.



### **MENTAL** TOOLS

If you need new and effective techniques for recognising and managing stress - a killer if left untreated - then this is the book for you. It reveals how, by understanding the way your ego personality state interacts with other areas of your mind, you can work with your physiology to regain control, create a balanced, meaningful life and lower your stress levels. How To Reduce Stress, \$29.99, available at exislepublishing. com.au and good bookstores.



Natural beauty

Your skin will love being treated to Neutrogena Naturals. These ecologically friendly skincare products are free from harsh chemical sulphates, parabens, dyes and phthalates. They work by harnessing the power of naturally derived ingredients and nutrients to deliver safe and effective results. For more, visit neutrogena.com.au

Eyes, for you

Suffer from dry, irritated eyes? Modern lifestyles involving air conditioning, contact lens wear and long hours staring at screens can cause the eye's natural protective moisture barrier to break up, leaving eyes feeling dry and irritated. Bring them back to life with ActiMist 2in1 Dry Irritated Eye Spray\*, \$19.99, a spray that ticks all the boxes. Available from large supermarkets, pharmacies and optometrists. Head to optrex.com.au for more information. \*Always read the label. Use only as directed. If symptoms persist see your healthcare professional.

### ..... Powerhouse smoothie

Supercharged with 24 vitamins, chia seeds, acai and goji berries, spirulina, wheatgrass, beetroot and probiotics, a Bioglan Whole Food Smoothie, \$27.95/10 x 20q, is the ideal way to power through your day. And with only 1.4g of sugar per serve, you can even incorporate it into your weight-loss plan. See health365.com.au for more details.

Photography Getty Images, iStockphoto

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# What's wellness to me?

"As a kid, I loved a glass of Milo because I was always on the go with sport or playing with friends – it gave me the energy I needed. These days I know more about nutrition and understand when I drink Milo, it's made with the goodness of Aussie-grown barley for nourishing energy and of course, vitamins and minerals."

- Hugh Sheridan, Actor

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here are my keys?
Has anyone seen my glasses? Where did I put my phone? Wait, why did I walk into this room? I had something to tell you but I can't remember what it was...

### Brain training bootcamp

Hands up if you can recall every word to the *Gilligan's Island* theme song yet somehow – maddeningly often – manage to leave the grocery store without the one item you actually went there to get. Guilty!

Why do our brains have a seemingly endless capacity to store useless information yet we have trouble remembering the name of someone we just met? It's not that we don't care, or that we're lazy. In fact, everyday brain blips can usually be attributed to easy-to-fix problems. Try out a few (or all!) of the following tips.

### SHAKE YOUR GROOVE THANG

Exercise isn't just good for your booty, it's good for your brain, too. Being physically active helps clear the cobwebs and reduces stress. which can lead to forgetfulness. It also encourages nerve cell growth in the brain and strengthens and protects those cells from damage.



# TO IMPROVE YOUR MCMONY

Feeling forgetful? Here's how to whip your mind into shape

### Say my name

### Not being able to remember

someone's name after an introduction is a common memory problem. One trick is to repeat their name several times during your conversation. 'Jane? It's so lovely to meet you!' 'Do you live in the area, Jane?' 'So Jane, have you tried that new sushi restaurant?'
Repetition helps

seal the deal.

### Slow your roll

### Constantly juggling a dozen different

balls and racing from one frenzied activity to the next? Being perpetually busy is both physically and mentally draining and may have a huge impact on your ability to remember little and not-so-little details. It could also make you more accident prone. If your schedule is frequently overwhelming, try adjusting your multi-task meter! This might mean saying 'no' more often prioritising the really important stuff and taking time out to smell the coffee. Speaking of coffee, new research from Johns Hopkins University in the US suggests a 200mg dose of caffeine after a learning session may help boost long-term memory. That's about the amount found in a cuppa.

### betterwellbeing

# OURSELF **SMART**

### Junk goes in, junk comes out!

To give your memory a boost, aim for a diet rich in protective antioxidants and healthy fats. Think colourful fruits and vegies, nuts, legumes, whole grains, lean meats and oily fish. Munch more on blueberries, spinach and avocado, and less on refined carbs, sugar and heavily processed foods.



### FORGOT PASSWORD?

Can't keep all those user names and passwords straight? Secure online password managers like LastPass and Dashlane can help save the day! Visit lastpass.com or dashlane.com

Don't Forget!



With sleep, that is. Studies show people who routinely get six or less hours of sleep per night (and that's a lot of us) have trouble shifting information from short to longer term memory storage. Make it your business to get more sleep each night; you'll not only wake refreshed, but dang it, you'll remember to pick up the dry cleaning, too!



### Stay in touch

Be interested and involved in the world around you; know what's going on, have an opinion, share it! Read a lot (not just the gossip mags!), go out with friends and always be open to meeting new people in new places and situations.



### **De-clutter your space**

**Clean up!** It's hard to find stuff (not to mention think straight) if your home looks like it could be featured in an episode of *Hoarders 'R' Us*.



### Be up for the challenge

Learning keeps life interesting and your memory sharp. Whether it's a cryptic crossword, a sudoko puzzle, scrabble, or learning how to sew, paint or speak a new language, look for activities that give your brain a run for its money and challenge yourself daily. For really cool brain games and memory training, check out lumosity.com and brainhq.com



Memory loss is one of the more recognisable early signs of dementia. If your forgetfulness seems to be escalating and isn't resolved by these suggestions, visit your GP. Other signs to look for include:

- Misplacing items in odd places (eg, keys in pantry, phone in fridge)
- Repeatedly asking the same questions.
- Sudden mood changes.
- Getting lost in familiar places.
- Finding it hard to follow directions.
- Mixing up common words. For example, saying 'hat' instead of 'dog'.



If your diet is lacking, memory boosting supplements high in B group vitamins, Vitamin E, magnesium, and the herbs ginkgo and brahmi (bacopa) may help give you a kick along. Ask your doctor if supplements are safe for you.



# What's wellness to me?

"I'm no chef, but making sure my meals are fresh, tasty and healthy is important to me. Using fresh ideas from Maggi, I just add lean meat and vegies to create a quick and delicious homemade meal."

- Hugh Sheridan, Actor

Choose Fresh Meal Ideas, Choose Maggi®





## Seeing stars? Why yes you are!

aking healthy choices in the supermarket shouldn't leave vou feeling like you need a Bex and a good lie down. Thankfully, the new Health Star Rating system can help vou make light work of the weekly shop. It may even help shed pesky extra kilos – just in time for summer!

### What's it all about?

So, here you are in the supermarket. You have a few simple goals: complete your grocery list; make wise, healthy choices; pay up; then get the heck outta there. But there's just one problem. You left your nutritional science degree (obtained after six years of intense study at the Harvard-MIT Health Sciences and Technology school) at home. Dang.

For the health conscious among us, the modern day supermarket experience is full of delicious promise and we love that! Sometimes though, it can also be overwhelming and confusing. With so much choice and, to be frank, so many gimmicks and fake outs to try to sidestep, making the best choice can quite literally feel like rocket science. Ain't nobody got time for that!

That's where the new

front-of-pack Health Star Rating system comes in. Conceived in conjunction with the federal government, industry and public health groups, its purpose is to take the guesswork out of feeding your family nutritious, healthy meals and snacks.

Although the Health Star Rating made its official debut in 2014 and most major food companies have already embraced it, a new public awareness campaign is in full swing. It's not mandatory for companies to include star ratings but it's hoped all food manufacturers will eventually get on board. It may even inspire them to make their products healthier.

### What does it tell me?

It allows you to quickly and easily compare the merits of similar products within a food category. For example, if one box of cereal has

4 stars and a different box has 2 stars, the 4-star version is the healthier choice. It may contain more positive nutrients such as fibre, protein or healthy heart fats and fewer 'risk' nutrients such as saturated fat, sodium or sugar. Alongside the star rating, many products feature an extra panel highlighting its quantity of nutrients per 100ml or 100g.

### Will I see it on all foods?

No. Only packaged foods carry the star rating. These foods are more likely to be processed and contain multiple ingredients that require complex calculations to work out which are better for you.

Does it replace the nutrition panel?

No. It's designed to be used in conjunction with



### Whatis THE HEALTH STAR RATING?

It's an at-a-glance, front-ofpack labelling system. Products may carry a star rating of between half a star up to five stars. Basically, the more stars the better!



Improving your health is as easy as counting to five, thanks to a new and simple nutritional rating system

the existing information on nutrition panels. If you have a particular dietary concern such as gluten intolerance, nut allergy or diabetes, you'll still need to read the small print for information.

### Why do we need it?

With obesity, type 2 diabetes and heart disease on the rise

in Australia, our collective health is at risk. We're also super busy so anything that helps streamline the process of making healthier choices is fine by us!

### For more information

healthstarrating.gov.au or email your questions to frontofpack@health.gov.au

### Making everydan HEALTHY CHOICES

- \* Choose fresh, whole foods over pre-packaged, heavily processed items as often as possible.
- \* Eat a wide variety of foods. We are spoiled for choice here so you may as well take advantage of it. No need for beans on toast or steak and chips everyday! Go crazy in the kitchen with fresh produce!
- \* Be physically active every day. Aim to get those 10,000 steps in! Take the stairs, walk to the next bus stop or do a lap around the office.
  - \* Eat less junk food and nutrient-poor foods.
  - \*Cook at home regularly. You'll know exactly what's going into your meal and save money, too. It's a win-win!

### EXEMPT **FOODS**

- Fresh produce such as fruits, vegetables and meats.
- \* Single ingredient items not designed to be eaten on their own such as flour, sugar or salt. Condiments such as vinegar,
  - herbs and spices. Tea, coffee and

alcohol.

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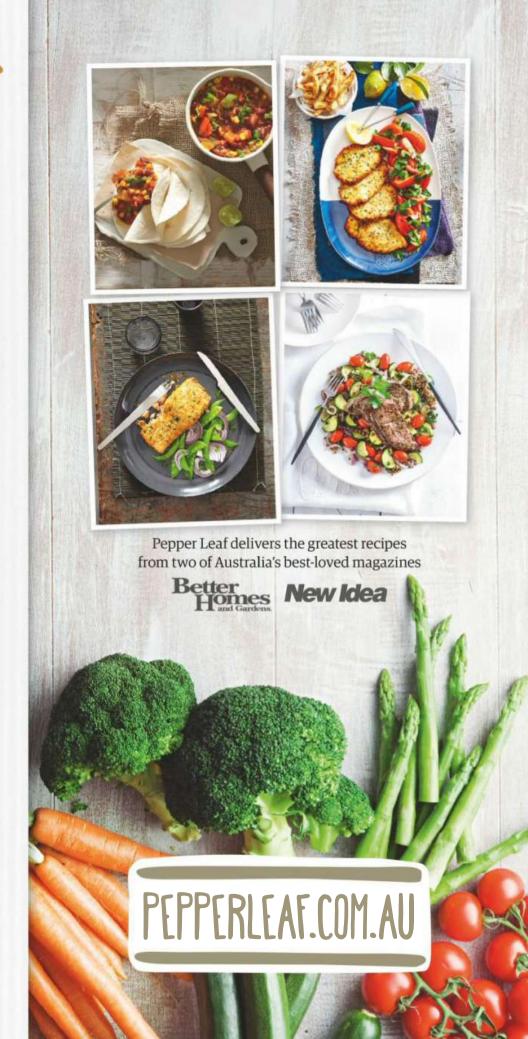


Enjoy!

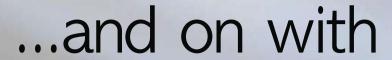


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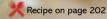


# Karen kicks season mer spiced ribs

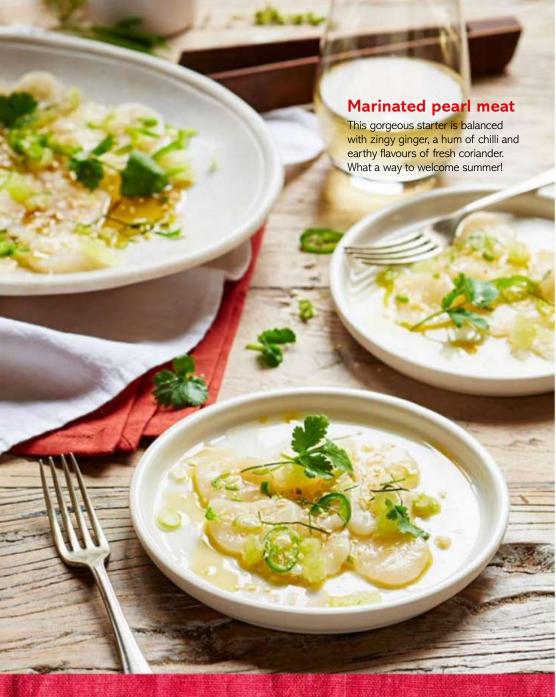
Karen kicks off the festive season menu with robustly spiced ribs and sticky sweets

### Doughnuts with blackberry glaze

The colour on these moreish snacks is all-natural! Mix up the palette with blueberries or raspberries to create the perfect shades for Christmas!







Marinated pearl meat Preparation time: 15 mins Cooking time: nil Serves 4

250g pearl meat 2 tsp peeled, finely diced ginger

1½ limes

1-2 green chillies, finely sliced, roughly chopped2 green shallots, white

part only, finely chopped 3 kaffir lime leaves, finely shredded

1 Tbsp mirin (Japanese sweet rice wine) ½ tsp sesame oil Sea-salt flakes and freshly ground black pepper, to season

2 tsp sesame seeds, toasted

6 sprigs coriander, leaves picked Extra virgin olive oil, to drizzle

1 Using a sharp knife, slice pearl meat very finely on an angle. Lay on a large plate in a single layer. Scatter over ginger.

2 Peel and segment 1 lime, reserving the segmented lime remains. Cut each

segment into 3 pieces. Scatter segments over the top of pearl meat and squeeze over the juice left in the reserved segmented lime remains, along with juice of remaining lime half. 3 Scatter over chilli. shallots and lime leaves. Drizzle over mirin and sesame oil, then season. Gently toss to combine. 4 Divide pearl meat among 4 entree-sized plates. Scatter with sesame seeds and coriander and serve drizzled with extra virgin olive oil.



### Doughnuts with blackberry glaze

Preparation time: 20 mins, plus

4 hours chilling Cooking time: 35 mins

Makes 24

230ml milk
14g dried yeast
40g light muscovado
(unrefined) sugar
200g unsalted butter,
chopped, softened
4 extra large eggs
500g plain flour
1/4 tsp sea-salt flakes
Vegetable oil, for deep-frying
and greasing

### GLAZE

1 punnet blackberries 1/4 cup water 2 cups pure icing sugar

1 To make doughnuts, heat milk in a small saucepan over a low heat until warm. Remove from heat, stir in yeast and ½ the sugar. Set aside for 10 minutes or until frothy.

**2 Put butter** and remaining sugar in the bowl of an electric mixer and whisk on high until light and creamy. Add eggs one at a time, beating well after each addition. Add milk mixture and beat until well combined.

**3 Add flour and salt** and beat on high using paddle attachment for 7 minutes or until smooth. Transfer to a large container, cover and refrigerate overnight.

**4 When ready to cook,** put enough oil in a large saucepan to come 6cm up side of pan. ▶





Heat oil to 170°C, testing temperature with a kitchen thermometer. Line an oven tray with baking paper.

5 Transfer risen dough to a lightly floured bench and roll out to form a rectangle about 1.5cm thick. Using a lightly oiled 12cm round cookie cutter, cut out 24 rounds. Either leave them whole or use a 4cm-round cookie cutter to cut out centres of each to form ring shapes. Quickly lift dough shapes onto prepared oven tray, being careful as dough will be sticky.

6 Working in batches, cook whole rounds for 4 minutes, turning over after 2 minutes, and cook ring shapes for 3 minutes, turning over after

11/2 minutes. Using a slotted spoon, remove doughnuts from oil and drain on paper towels. Repeat with remaining dough. Allow to cool.

7 To make glaze, put blackberries and water in a small saucepan over a medium heat for 10 minutes or until berries begin to break down and release their juices. 8 Sift icing sugar in a large bowl. Strain blackberry mixture through a fine sieve into a separate large bowl. Gradually add strained blackberry mixture into icing sugar, stirring as you go until you have a runny consistency. Drizzle glaze over cooled doughnuts and set aside on a wire rack over baking paper to allow to set. Serve.



### Lamb ribs with miso, chilli and dark ale

Preparation time: 15 mins Cooking time: 1 hour 20 mins Serves 8

- 16 lamb ribs, partially trimmed
- 2 Tbsp white miso paste 2 tsp chilli powder
- 2 tsp sea-salt flakes
- 1/4 cup treacle
- 120ml apple cider vinegar 200ml dark ale
- 3 Lebanese cucumbers, cut into wedges
- 1 bunch radish, trimmed, halved

1 Preheat oven 180°C. Put ribs, miso, chilli powder and salt in a large baking dish, tossing to coat. Drizzle over treacle, vinegar and ale. Cover with a layer of baking paper, followed by a layer of foil, sealing tightly to enclose. Bake for 1 hour. 2 Uncover ribs, skim off

excess fat and cook for further 20 minutes or until crispy.

3 Arrange ribs on a serving platter and serve with radish and cucumber on the side.

### Baked muesli with almonds and blueberries

Preparation time: 20 mins plus 30 mins cooling Cooking time: 10 mins Makes about 1 kg

125ml golden syrup 80ml extra virgin coconut oil

- 1 whole nutmeg, finely grated
- 2 tsp ground cinnamon Finely grated zest of 1 orange
- 1 cup raw almonds
- 1 cup flaked almonds
- 1 ½ cups sesame seeds
- 1 cup sunflower seeds
- 1 cup pumpkin seeds
- 30g chia seeds
- 3 cups rice puffs
- 2 cups millet puffs
- 1 cup shredded coconut
- 1 tsp sea-salt flakes
- ½ cup dried blueberries
- 1/4 cup sultanas

1 Preheat oven 160°C. Line 2 oven trays with baking paper. Combine golden syrup, coconut oil, nutmeg, cinnamon and orange zest in a small saucepan and cook, stirring constantly. over a low heat for 7 minutes or until loosened in consistency.

2 Put remaining ingredients, except blueberries and sultanas, in a large bowl. Pour over golden syrup mixture and, using two wooden spoons, mix to coat.

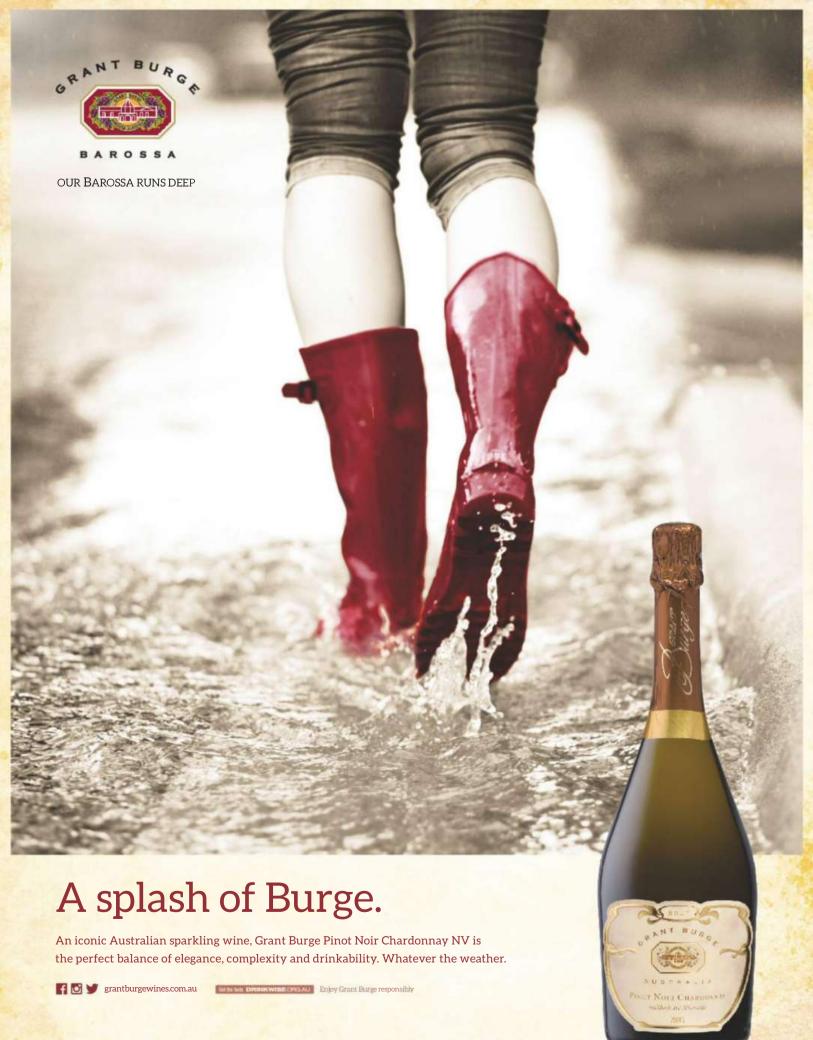
3 Spread mixture onto trays in a single layer and bake for 10 minutes, gently stirring after 5 minutes to toast evenly. Remove from oven and set aside for 20 minutes to cool on trays. Stir in blueberries and sultanas. Store in an airtight container for up to a month.

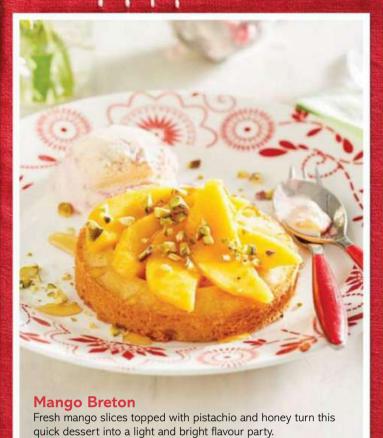
### Hey there!

Pearl meat is the delicate muscle found in pearl oyster shells. It's available at fish mongers and is the ideal light starter on a hot day. A great alternative to pearl meat is scallop meat, which is similar in taste and texture.



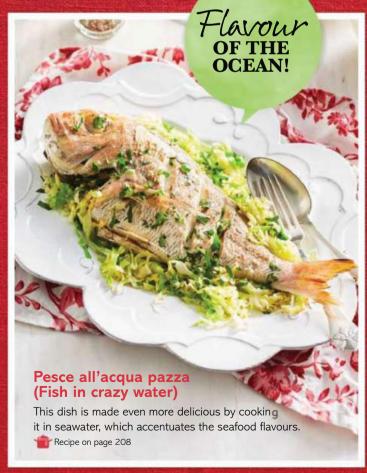
Go to bhg.com.au/ karenmartini for more fantastic recipes











Recipe on page 208



### fastfood









### **Mango Breton**

Preparation time: 20 mins Cooking time: 20 mins Serves 4

Melted butter, to grease Plain flour, to dust 115g butter, chopped, softened

½ cup caster sugar Finely grated zest of 1 lemon

1 vanilla bean, seeds scraped

1/2 tsp ground cinnamon

3 egg yolks

1 cup plain flour

1 tsp baking powder

2 ripe mangoes, halved, peeled, flesh finely sliced

2 Tbsp pistachio kernels, finely chopped ½ cup runny honey Berry flavoured ice-cream, to serve

### 1 Preheat oven to 180°C.

Line an oven tray with baking paper. Grease four 10cm metal dessert rings or springform tins with butter and dust with flour. Arrange on prepared tray. Combine butter, sugar, zest, vanilla seeds and cinnamon in bowl of an electric mixer and beat on high for 3 minutes or until light and creamy. Beat in egg yolks, then sift in flour and baking powder, using a wooden spoon to mix until smooth. 2 Spoon batter into a piping

bag fitted with a plain nozzle. Pipe batter into each prepared ring or tin and spread to smooth. Bake for 20 minutes or until golden and just set. Allow to cool, then remove from rings or tins.

Chocolate rum balls

3 Scoop out a spoonful from centre of each cake, reserving for another use. Arrange sliced mangoes in centre, then scatter with pistachios and drizzle with honey. Serve with ice-cream.

### Chocolate rum balls

Preparation time: 10 mins plus 40 mins chilling Cooking time: nil Makes 48

4 cups firmly packed chocolate cake crumbs

½ cup dark rum

1 Tbsp instant coffee powder

1 Tbsp cocoa powder 1/4 cup boiling water 200g (3/4 cup) sweetened condensed milk

150g packet chocolate sprinkles

1 cup desiccated coconut 400g dark chocolate, melted

1 Crumble cake into a large bowl, drizzle with rum and set aside for 10 minutes to absorb. Meanwhile, combine coffee. cocoa and water in a medium bowl then stir in condensed milk. Pour into cake crumbs and stir to combine.

2 Roll 1 Tbsp of mixture into a ball and transfer to a tray. Repeat with remaining mixture to create 48 balls. Refrigerate for 30 minutes or until firm.

3 Put chocolate sprinkles and

coconut in a large bowl and mix until combined. Dip balls in melted chocolate to lightly coat, then toss balls in sprinkles mixture. Return to tray and refrigerate for 10 minutes or until chocolate sets.

### Pork chimichangas

Preparation time: 10 mins Cooking time: 5 mins Makes 8

2 cups roast pork shoulder meat, coarsely shredded 1 red onion, finely sliced 4 cloves garlic, crushed 2 tsp ground cumin

2 tsp dried oregano 1 tsp ground coriander

2 tsp sherry vinegar 1 red capsicum, thinly sliced

2 cups baby spinach leaves 1 cup cheddar cheese,

coarsely grated

½ cup blanched almonds, toasted, chopped

1 cup coriander leaves,

roughly chopped Sea-salt flakes and freshly ground black pepper, to season

8 jumbo tortillas Vegetable oil, to shallow-fry Guacamole, to serve Tomato salsa, to serve Sour cream, to serve

1 Put pork, onion, garlic, spices and vinegar in a large bowl, mixing to combine. Set aside for 5 minutes. Add capsicum, spinach, cheddar, almonds and coriander. Season.

2 Lay tortillas on a clean

surface. Divide filling among them. Fold in the side, then roll up to enclose.

3 Pour enough oil into large, deep saucepan until 2cm deep. Heat to 160°C on a cook's thermometer. Cook tortillas in 2 batches, turning several times, for 2 minutes or until wellbrowned, then drain on kitchen paper. Serve with guacamole, salsa and sour cream.

### Pesce all'acqua pazza (Fish in crazy water)

Preparation time: 10 mins Cooking time: 20 mins Serves 4

4 x 350g-450g reef fish or baby snapper, gutted and scaled

Sea-salt flakes and freshly ground black pepper, to season

1/4 cup extra virgin olive oil

4 dried bay leaves

8 cloves garlic

6 juniper berries

Juice of 2 lemons

Seawater or salted water 1/2 bunch flat-leaf parsley, leaves roughly chopped

Pan-fried cabbage, to serve

### 1 Using sharp kitchen

scissors, trim fins on fish. Using a sharp knife, make 3 diagonal slashes on both sides of each fish. Season.

2 Pour oil into a wok or flameproof roasting pan and heat over a medium heat. Fry bay leaves, garlic and juniper berries for 1 minute or until aromatic. ▶

### ENTERTAIN WITH STYLE



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### fastfood



Add fish in batches and cook for 2 minutes each side or until golden.

3 Add lemon juice and enough salted water to just cover. Simmer very gently for 8 minutes or until fish is just firm. Scatter with parsley and serve with cabbage.

### Chicken and sweet corn cobbler

Preparation time: 10 mins Cooking time: 45 mins Serves 6

- 4 corncobs
- 2 tsp sesame oil
- 2 white onions, thickly sliced
- 4cm-piece ginger, cut into batons
- 4 cloves garlic, thinly sliced
- 2 cups 2.5cm peeled, seeded, diced pumpkin
- 1 cup chicken stock
- 2 tsp cornflour
- 2 Tbsp cold water
- Sea-salt flakes and freshly ground black pepper, to season
- 2 cups roast chicken meat, skinless, shredded
- 1 bunch basil, leaves

chopped

- 2 cups self-raising flour
- ½ cup finely grated parmesan
- 2 Tbsp unsalted butter, softened
- 3/4-1 cup buttermilk

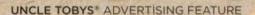
### 1 Preheat oven to 180°C.

Remove kernels from corncobs. Heat sesame oil in a large frying pan over a medium heat. Add onions, ginger and garlic and cook for 5 minutes or until onion is soft. Stir in corn and pumpkin, cook for a further 3 minutes.

- 2 Pour in stock and bring to a simmer for 3 minutes. Combine cornflour and cold water in a small bowl, then add to pan, whisking until thickened. Season, then fold in chicken and basil. Spoon mixture into a 2L baking dish.
- 3 Mix flour and parmesan in large bowl and season generously with salt. Rub in butter, then stir in enough buttermilk until a soft dough forms. Spoon 1/4 cupful dollops of mixture onto chicken, then bake for 30 minutes or until golden. Serve. ▶

### Hey, guys!

Go to bhg.com.au/fasted for more fantastic recipes



### Flavours you'll love

As TV personality Magdalena Roze knows, quality oats combined with crunchy nuts and plump fruit make a delicious, wholesome UNCLE TOBYS® snack

ince making the tree change to Byron Bay, I've gained a greater appreciation for delicious. wholesome food," says Magdalena. "That's why I'm loving new UNCLE TOBYS® FARMER'S PICK™ Muesli Bars. With gorgeous Aussie oats and luscious fruit and nuts sourced from world-renowned regions, they're very quickly and easily devoured!"



UNCLE TOBYS® FARMER'S PICK™ Muesli Bars are my new go-to snack...They're packed with amazing flavours and so deliciously chewy with just the right amount of crunch.

### **ALMOND &** BLUEBERRY

Sink your teeth into an UNCLE TOBYS® FARMER'S PICK™Almond & Blueberry Muesti Bar for a delicious explosion of sweet and nutty flavours. Made with premium Aussie oats milled on the banks of the Murray River, they're blended with crunchy almonds, dried blueberries, and a sprinkling of pepitas.



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### FIG & APRICOT

A dreamy combination of honest, earthy flavours and sweet exotic notes. these tasty FARMER'S PICK" Muesli Bars are made with delicious Aussie oats, mixed with dried figs and apricots, plus pepitas for a delightful crunch.

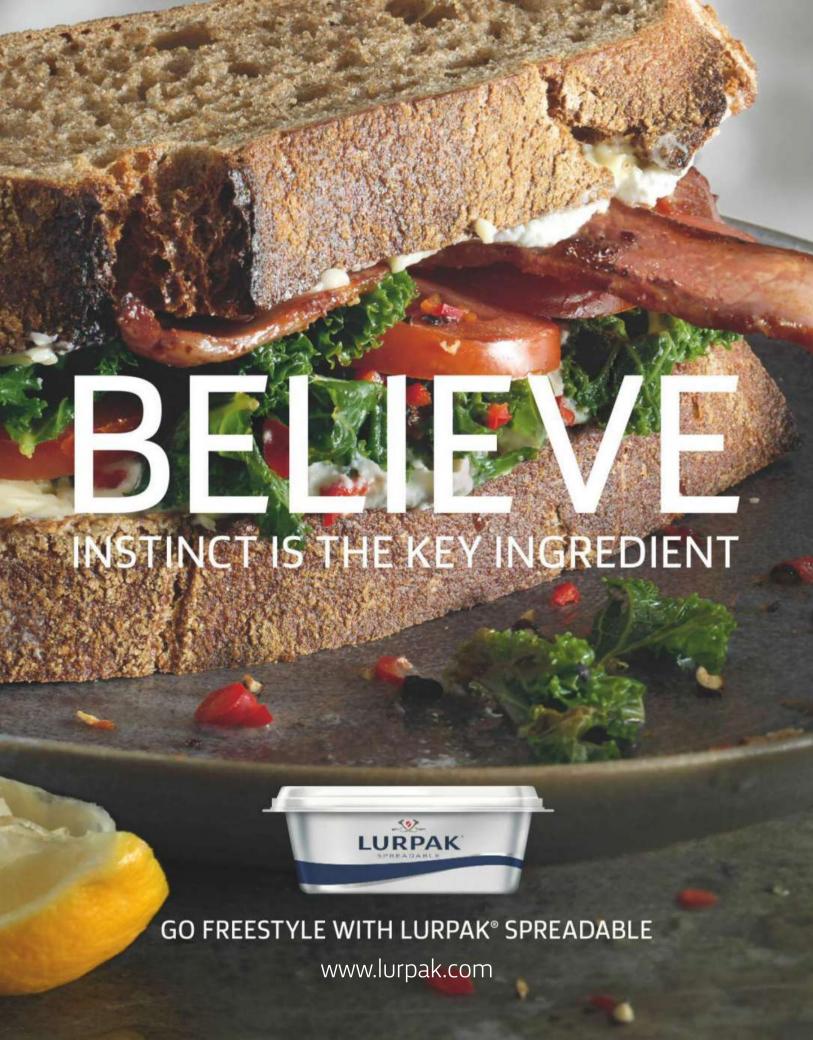




### **ROASTED MACADAMIA** & ALMOND

When you taste these mouth-watering FARMER'S PICK" Muesli Bars you'll enjoy the luscious texture and buttery flavour of oven roasted macadamias and almonds, combined with quality Aussie oats.







### Milk jellies with granita

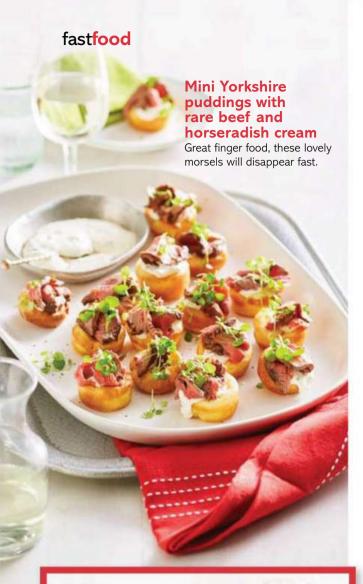
Preparation time: 10 mins plus 6 hours chilling Cooking time: 10 mins

Makes 8

2 leaves gold-strength gelatine
500ml full-cream milk
3/4 cup caster sugar
1 vanilla bean, split, seeds scraped and bean reserved
400ml low-fat milk
2 x 125g punnet raspberries
1/2 cup small mint leaves

1 Put gelatine leaves in a bowl of cold water and set aside for 5 minutes or until softened. Meanwhile, heat 150ml of the full-cream milk and ½ cup of the caster sugar in a small saucepan over a medium heat. Add vanilla seeds and cook, stirring occasionally, until sugar dissolves. Remove gelatine sheets from water, squeezing out excess water. Add to milk mixture, whisking until dissolved. Pour in remaining full-cream milk, stirring to combine. Pour into eight ½ cup-capacity glasses, then refrigerate for 6 hours or until jelly has set.

2 Meanwhile, to make granita pour half the low-fat milk into a second small saucepan with remaining caster sugar and reserved vanilla bean. Cook, stirring occasionally, over a medium heat until sugar has dissolved. Remove and discard vanilla bean. Set aside for 15 minutes to cool slightly. Stir in remaining low-fat milk, then pour into a 4-cup capacity, freezer-proof shallow container. Freeze for 4 hours or until firm. 3 Decorate jellies with 1/2 of the raspberries and 1/2 of the mint leaves. Scrape granita with a fork and pile a little granita on top. Serve topped with remaining berries and mint. >



Crab cakes on a stick

These little balls just zing

sauce and lime wedges.

with the tangy aioli dipping

Mini Yorkshire puddings with rare beef and horseradish cream

Preparation time: 10 mins Cooking time: 25 mins

Makes 24

500g beef fillet Sea-salt flakes and freshly ground black pepper, to season 2 Tbsp extra virgin olive oil 90ml low-fat milk 85g plain flour 1 tsp fine salt 1/4 cup vegetable oil 200g crème fraîche 1 Tbsp horseradish cream 1/4 cup chives, finely chopped Micro herbs, to garnish

1 Preheat oven to 220°C. Season beef generously, then rub with olive oil. Heat a large, non-stick ovenproof frying pan over a high heat and cook beef, turning often, for 5 minutes. Transfer to oven and cook for a further 10 minutes. Remove from oven and cover loosely with foil to rest for 15 minutes. Slice thinly.

2 Meanwhile, put egg, milk, flour and salt in a large bowl and whisk until just combined and smooth. Pour vegetable oil into 24 holes of a 24-hole mini-muffin tray and place in oven for 10 minutes or until oil is very hot. Pour in batter and bake for 12 minutes or until puffed. Remove from tins, then cool on a wire rack. 3 Put crème fraîche, horseradish cream and chives in a small bowl, whisking until smooth. Season, then spoon a little onto puddings. Top

with beef and garnish with micro herbs. Serve with remaining horseradish cream on the side.

### Crab cakes on a stick

Preparation time: 10 mins Cooking time: 10 mins Serves 12

400g raw crab meat

- 4 green shallots, thinly sliced
- 2 cloves garlic, crushed
- 2 tsp fish sauce
- 2 cups dried multigrain breadcrumbs
- 1 cup aioli
- 2 tsp Dijon mustard
- 1/4 cup roasted red capsicum strips
- Juice of 1 lime
- 1 tsp Tabasco sauce
- ½ cup plain flour
- 2 eggs
- 1 Tbsp water
- ½ cup plain flour
- Vegetable oil, for deep-frying Sea-salt flakes and freshly ground black pepper, to season

Lime wedges, to serve

- 1 Put crab meat, shallots, garlic, fish sauce and 1/2 of the breadcrumbs in a large bowl, mixing to combine. Roll 1 Tbsp of mixture into a ball and place on a tray. Repeat to make 24 balls. Refrigerate for 10 minutes or until firm.
- 2 Meanwhile, put aioli, mustard, capsicum, lime juice and Tabasco in the jug of a blender and puree until smooth. Set aside.
- 3 Put flour in a bowl and remaining breadcrumbs in another bowl. Put eggs and water in a third bowl and beat to combine. Toss balls in flour, shaking to remove excess. Next coat in egg mixture, then breadcrumbs.
- 4 Pour enough oil into a large deep saucepan until 5cm deep. Heat to 180°C on a cook's thermometer or until a cube of bread turns golden in 30 seconds. Cook balls in 2 batches, turning several times, for 3 minutes or until golden. Drain on kitchen paper. Season, then thread pairs of balls onto skewers. Serve crab cakes with aioli mixture and lime wedges.

Cook's typs

Mini Yorkshire puddings with rare beef and horseradish cream Any remaining cooked beef makes a great filling for finger sandwiches.

Milk jellies with granita Keep spare granita in an airtight container in freezer for up to 2 weeks.



### Lurkin' lanterns

1. Welcome trick or treaters to your front porch with a stack of jack-o'-lantern style faces on glass vessels. To make, draw a scary face on orange card, cut it out with a stencil knife, then place it on top of a sheet of yellow card. Wrap the assembly around a glass jar or vase and light up the face with a battery-powered candle (check out discount stores).



### **Boo buddies**

3. Greet them with ghouls! To make this terrifying trio, trim and tear three squares of white fabric. Draw a ghostly face on each square with a fabric marker (or stitch on black fabric cut-outs). Place each ghost over a paper lantern, snip a hole in the top and suspend the lanterns with twine.

### **Evil leaves**

4. As the sun sets, you'll see fearsome faces everywhere you look. Spook 'em with this bunting to hang by your front door: on white card, trace around a large liquidambar leaf several times. Cut out the leaves, draw on evil faces, then string the lot together with twine.

### Spider steps

5. Watch them squirm as they step over the spider's web made by pressing black tape in a web design onto pavers.

# Slithering threshold 2. Watch their faces turn white with a stack of toy snakes slipped under your front door mat – hiss!

### Ghost bombe alaska

Preparation time: 20 mins Cooking time: 5 mins Serves 4

- 4 x 1cm slices madeira cake
- 2 cups chocolate ice-cream
- 4 egg whites
- 200g caster sugar
- 1 Tbsp glucose syrup
- 1/4 cup water
- 8 mini candy coated chocolate drops
- 50g white chocolate, melted 2 Tbsp vodka, heated
- 1 Line an oven tray with baking paper. Use a 5cm round biscuit cutter to cut out a disc of cake from each slice and arrange on prepared tray. Scoop ice-cream into four flat-bottomed half-ball shapes and arrange, flat side down, on top of cake discs. Place trays in freezer.
- 2 Put egg whites into the bowl of an electric mixer and beat with whisk attachment on high speed until foamy. Combine caster sugar, glucose and water in a small saucepan and cook over a high heat to until mixture reaches 119°C on a candy thermometer. Begin whisking egg whites on medium speed and add hot sugar syrup in a slow steady stream, beating for 5 minutes or until thick, smooth and completely cool. 3 Spoon meringue into a piping bag or zip-lock bag fitted with a large plain nozzle. Pipe meringue onto ice cream cake stacks to form a tall ghost shape then spread to cover completely. Put two chocolate drops on each ghost to form eyes. Return trays to freezer. 4 Wrap the end of a marker pen in cling film, then dip end into white chocolate. Arrange on a tray
- and freeze for 10 minutes until chocolate has set. Unmould to reveal miniature chocolate cup. Repeat 3 times to make 4 cups. Put one cup on top of each ghost. Fill with vodka and set on fire. Serve immediately.

Haunting decos and tricked-up treats for a howling All Hallows' Eve

# Rooks, and

lick off your main lights, hit play on the haunted soundtrack, scatter a few webs by your front door and cue the smoke machine – the stage is set! Welcome the hoards of ghosts, ghouls, zombies, wolves and witches to your neck of the woods with these cackling characters, whirling spirits and spine-tingling treats.



Boo buddies



Ivil leaves

#### Ghost bombe alaska

There's one thing scarier than a ghost... and that's a flaming ghost! This dessert can be made in advance, so you can relax and enjoy the festivities on the night.





#### Spider cookies

Preparation time: 20 mins Cooking time: 15 mins Makes 30

- 125g unsalted butter, chopped, softened 125g smooth peanut butter ⅓ cup caster sugar ⅓ cup firmly packed brown sugar
- 1 egg
- 1 tsp vanilla extract
- 1 cup plain flour

- 1/2 tsp baking powder 1/2 tsp fine salt 30 chocolate malt balls 30 chocolate-coated raisins 50g dark chocolate, melted Red decorating gel, to decorate
- 1 Preheat oven to 180°C. Line 2 oven trays with baking paper. Combine butter, peanut butter and sugars in the bowl of an electric mixer and beat with paddle attachment on

medium speed for 5 minutes, until very light. Add egg and vanilla and beat until smooth. 2 Sift in flour, baking powder and salt, then fold to combine with a wooden spoon until smooth. Roll 1 tablespoon of mixture into a ball and arrange on prepared tray. Repeat with remaining mixture to make 30 balls. Bake for 12-15 minutes or until pale golden and just firm to touch. Remove from oven. Working quickly, place a

chocolate malt ball and a chocolate-coated raisin on each to create the body and head of a spider. Transfer to a wire rack and set aside for 30 minutes or until cooled completely. 3 Pipe melted chocolate onto biscuits to create spider legs. Decorate the back of each body and head with decorating gel. Set aside for 15 minutes to allow chocolate and gel to set. Serve.



#### Gingerbread prank bats

Preparation time: 20 mins plus 30 mins chilling Cooking time: 15 mins Makes 50

- 125g unsalted butter, chopped, softened
- 1/2 cup brown sugar
- ⅓ cup golden syrup
- 2 eggs, separated
- 2 cups plain flour
- 2 tsp ground ginger
- 1 tsp mixed spice
- 1 tsp bicarbonate of soda
- 750g packet black icing fondant
- 100 edible candy eyes

#### 1 Preheat to 180°C. Line

- 4 oven trays with baking paper. Combine butter and brown sugar in bowl of an electric mixer and beat with paddle attachment on medium for 5 minutes, until very light. Add golden syrup and yolks. Beat for 2 minutes until smooth.
- 2 Sift in flour, spices and bicarbonate of soda. Fold mixture gently to combine and form a dough.
- 3 Roll dough between
- 2 sheets of baking paper to 3mm thick. Use an 8cm bat-shaped cookie cutter to cut out 50 shapes, re-rolling pastry scraps as necessary. Arrange on prepared trays. Use end of skewer to create a hole in head. Freeze for 30 minutes. Bake for 12–15 minutes or until firm to touch. Allow to cool on trays.
- 4 Roll fondant out between 2 sheets of baking paper to 3mm thick. Cut out bat shapes and press onto cooled biscuits. Create hole in fondant to match biscuits. Push eyes into fondant.
- **5 Thread string** or cotton through holes and hang.





# playtime Doing it for the kids!

#### Mocka Multi Stripe **Teepees**

1. With their colourful and playful prints, Mocka Teepees provide hours of cosy enjoyment for your children. We have seven Mocka Multi Stripe Teepees, valued at \$99.95 each, to give away. mocka.com.au

#### Kambrook prize pack

2. The Stack & Snack turns you into the toasted sandwich-master. while the Little Chefs Cake Pop Maker means you can bake 12 cake pops in just five minutes! We have 18 Kambrook prize packs consisting of the Stack & Snack sandwich maker (RRP \$49.95) and Little Chefs Cake Pop Maker (RRP \$29.95) to give away. kambrook.com.au

#### **Fantastic Furniture Skulls Quilt**

3. Brighten your little boy's **bedroom** with the Single Skulls Reversible Quilt Cover Set & Cushion from Fantastic Furniture. Vibrant and boyishly cool, the set features a reversible grey print design in poly-cotton for easy care, and matching plush skull scatter cushion. We have 10 Fantastic Furniture Skulls Quilt Cover sets, worth \$49 each, up for grabs. fantasticfurniture.com.au

#### **Harriet Clare** book giveaway

4. This interactive children's fiction series by Louise Park invites readers to join the crazy, fun-filled world of Harriet Clare's Secret Notebook. We have 10

Harriet Clare book series, valued at \$44.97 each, to give away. Each pack includes Pinkie Swear, Boys Beware and Camp Bugwear. harrietclare.com.au

#### Smiggle gift packs

5. Smile and giggle with these Smiggle stationery and toy gift packs. We have eight boys' packs, valued at \$109.70 each, and four girls' packs, valued at \$105.65 each, to give away. smiggle.com.au

#### Frixion pens packs

**6. Get organised** with erasable Frixion pens. Featuring thermosensitive ink that disappears with friction, you can erase your work with the built-in eraser quickly and easily if you make a mistake then start again without a trace! Perfect for handwriting and craft, we have 15 Frixion pen packs worth \$50 each to give away. pilotpen.com.au

#### Jiggle + Giggle prize packs

7. What better way to embrace the warmer weather than by creating a fun, inspiring space for your kids and encouraging imaginative adventures. Jiggle + Giggle is an Australian-owned homewares company that offers a range of unique baby and kids' products, including bright cushions, plush toys and comfy bedding. We have five Jiggle + Giggle girls' prize packs and five boys' packs, valued at \$150 each, up for grabs. The pack includes a single bed quilt set and two cushions.

CONDITIONS OF ENTRY Visit bhg.com.au for full terms & conditions. Competition opens 13/10/15 09:00 AEDT & closes 12/11/15 17:00 AEDT. Winners will be judged at the Promoter's premises 30/11/15 11:00 AEDT. Winners will be notified by mail & published at bhg.com.au from 04/12/15. Total prize value is up to \$6,627.75. The Promoter is Pacific Magazines Pty Ltd 8 Central Ave, Eveleigh NSW 2015 (ABN 16 097 410 896).



What's messy (but not too messy) and

can make the craziest shapes? Extreme

Space Sand! Available as a free gift

with the November issue of K-Zone

magazine, on sale 19 October, this shapeable sand is great for creative

which also has an extract from the

latest Diary Of A Wimpy Kid.

little minds. Buy your copy of *K-Zone*,



# Celebrate

the countdown to Christmas with





The festive season is upon us, and to celebrate *Better Homes and Gardens* is bringing you a very special 'Countdown to Christmas' series, weeknights at 7pm on Channel 7, from 14-18 December.



We're giving you the chance to WIN thousands of dollars in prizes!



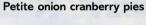
PICK UP YOUR COPY OF THE CHRISTMAS ISSUE (ON SALE 12 NOVEMBER) FOR ALL THE DETAILS



# time to get cooking FOR LINE TO SET COOKING From page 74

Serve up your best ever Chrissie-day feast with these savoury stunners and tastebud-tempting desserts







## Entrees

# Smoked trout and cream cheese pillows

Preparation time: 30 mins plus 2 hours chilling Cooking time: nil Serves 6

Cooking oil spray, to grease
200g smoked ocean trout
250g block cream cheese
2 Tbsp milk
Finely grated zest of
1 lemon
2 Tbsp finely chopped
chives
1 Tbsp baby capers

Sea-salt flakes and freshly ground black pepper, to season

6 cooked medium king prawns, peeled, tails intact 12 chives Halved lemon rounds, to serve

Lemon oil, to drizzle Micro herbs, to garnish

1 Grease 6 holes of a 12-hole ½-cup capacity muffin tin with oil. Line each hole with plastic wrap, allowing a 3cm overhang. Slice trout, then use to line base and side of each hole in a single layer, allowing a little overhang.

2 Put cream cheese, milk and lemon zest in the bowl of a food processor and pulse until just smooth. Transfer mixture to a medium bowl and stir in chives and capers. Season.

**3 Spoon mixture** evenly into lined muffin tin holes. Fold overhanging trout into centre, then wrap overhanging plastic wrap around to enclose pillows. Refrigerate for at least 2 hours.

4 Unmould pillows and arrange on serving plates. Top each with a prawn, 2 chive sprigs and a halved lemon round. Serve drizzled with a

little lemon oil and garnished with micro herbs.

## Mozzarella, prosciutto and fennel bruschetta

Preparation time: 15 mins Cooking time: 5 mins Makes 18

2 tsp fennel seeds 18 x 1cm thick slices crusty baguette

2 Tbsp extra virgin olive oil 1 clove garlic, halved

125g bocconcini, drained well, torn into small pieces

9 slices prosciutto, halved lengthways

Extra 2 Tbsp extra virgin olive oil

1 lemon

8 mint leaves, shredded

1 Put fennel seeds in a large, dry non-stick frying pan over a low heat and cook for 2 minutes or until fragrant. Transfer to a bowl and allow to cool for 5 minutes.

2 Meanwhile, preheat a chargrill plate or grill pan to high. Drizzle baguette slices with oil and grill for 1 minute each side or until lightly charred. Rub one side of each bread slice with cut side of garlic, then transfer to a large serving platter in a single layer.

**3 Top each slice** with a few pieces of bocconcini, then artfully curl a piece of prosciutto onto each, scatter over toasted fennel seeds and drizzle with extra olive oil. Finely grate lemon zest over the top, then serve bruschetta scattered with mint.

# Petite onion, cranberry and goat's cheese pies

Preparation time: 15 mins Cooking time: 25 mins Makes 16 3 sheets frozen ready-rolled puff pastry, partially thawed

1/₃ cup store-bought caramelised onion chutney

1 Tbsp dried cranberries, finely chopped

70g soft goat's cheese, crumbled

2 tsp thyme leaves

1 egg, beaten

1/2 tsp sesame seeds

½ tsp cumin seeds Freshly ground black pepper, to season

Runny honey, to drizzle Baby rocket leaves, to serve

#### 1 Preheat oven to 200°C.

Line 3 oven trays with baking paper. Using a 7cm-round cookie cutter, cut out 32 discs from pastry sheets. Arrange 16 discs on prepared trays in a single layer, about 3cm apart. Put remaining 16 discs on a large, clean chopping board.

2 Using a small sharp knife,

cut 3 parallel lines in centre of discs on chopping board, leaving a 1cm border.

3 Spoon 1 tsp chutney into centre of each disc on trays, leaving a 1cm border. Top each evenly with cranberries, goat's cheese and thyme. Brush disc borders with a little of the beaten egg. Cover filling with scored pastry discs. Using your fingertips, stick edges together, then press edges down with a fork to create a decorative pattern. Brush tops with remaining beaten egg, then scatter over sesame seeds and cumin seeds. Season with pepper.

**4 Bake pies** for 25 minutes or until pastry is golden in colour. Transfer pies to a square serving platter. Drizzle over a little honey and top each pie with a few baby rocket leaves. Serve.

## Crispy calamari with chilli lime seasoning

Preparation time: 15 mins Cooking time: 10 mins Serves 6

Vegetable oil, for frying 500g calamari tubes, cleaned

⅓ cup cornflour

⅓ cup self-raising flour

⅓ cup water

1 Tbsp extra virgin olive oil Halved lime cheeks, to serve

**CHILLI LIME SEASONING** 

- 2 tsp sea-salt flakes
- 1 tsp powdered chicken stock

1/2 tsp freshly ground black pepper Finely grated zest of 1/2 lime Pinch dried chilli flakes

- 1 Line a large baking tray with foil, then top with 4 layers of paper towels.
- 2 To make chilli lime seasoning, combine salt, powdered stock, pepper, lime zest and dried chilli in a small bowl. Set aside.
- **3 Pour enough oil** into a medium saucepan to reach 5cm up side of pan. Heat over a medium-high heat until oil is hot (180°C) or until a cube of bread turns golden in 30 seconds.
- **4 Meanwhile,** slice calamari tubes in half lengthways, then cut each half widthways into 1 cm-thick strips.
- 5 **Put cornflour** on a large plate and set aside. Put self-raising flour, water and olive oil in a large bowl and combine until a smooth paste forms. Add calamari, tossing until paste coats calamari. Toss 1/₃ of the calamari in cornflour, then carefully drop one by one in hot oil, adding pieces to pan quickly. Cook for about

3 minutes or until golden and crispy. Transfer to prepared tray to drain. Sprinkle with a little chilli lime seasoning. Repeat twice more with remaining calamari, cornflour and seasoning, allowing oil to reheat between batches, if necessary.

6 Wrap baking paper into cone shapes and pop into 6 tumblers or stemless wine glasses. Divide calamari among glasses, sprinkle with remaining seasoning and serve with lime cheeks on the side.

## Mains

# Rack of roast pork with pickled pineapple chutney

Preparation time: 15 mins plus 6 hours drying Cooking time: 2 hours Serves 6

- 1.7kg 6-bone pork rack, French trimmed, skin on ½ medium pineapple (about 800g), peeled, cored, cut into 2cm pieces
- 2 green apples, peeled, cored, roughly chopped
- 2 brown onions, halved, thickly sliced
- 1 cup sultanas
- 350ml white wine vinegar
- 1 cup caster sugar
- 1 tsp fennel seeds
- 1 tsp sea-salt flakes
- 1 cup water
- 1/4 cup basil leaves, finely chopped
- 2 Tbsp Australian extra virgin olive oil
- 2 tsp fine salt Basil sprigs, to serve
- 1 Line a tray with plastic wrap, then paper towels. Sit pork on top and pat skin dry with extra paper towels. Refrigerate, uncovered, for 6 hours (preferably overnight) to allow skin to dry out.

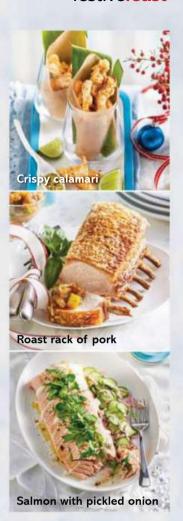
2 To make chutney, put pineapple, apples, onions, sultanas and vinegar in a large saucepan over a medium heat and cook, stirring occasionally, until mixture comes to the boil. Reduce heat to low and simmer for 15 minutes. Stir in caster sugar, fennel seeds, salt and water and cook, stirring occasionally, for a further 45 minutes or until rich and thick. Remove pan from heat and cool to room temperature. Stir in basil, spoon chutney into serving dish and set aside.

- **3 Preheat oven to 250°C.** Put a wire rack in a large roasting tray.
- 4 Using a Stanley knife or very sharp knife, score pork rind in parallel lines at about 8mm intervals <sup>2</sup>/<sub>3</sub> of the way into fat layer, being careful not to cut all the way through to meat.
- **5 Rub oil into rind,** then rub in salt. Put pork, rind side up, on rack in tray and roast for 20 minutes or until rind blisters.
- 6 Reduce heat to 170°C and roast for a further 20 minutes, then increase heat to 230°C and roast for a further 15 minutes or until pork is just cooked through and rind is well blistered. Garnish roast pork with basil sprigs and serve with chutney on the side.

## Salmon with pickled red onion and cucumber

Preparation time: 15 mins plus 45 mins standing Cooking time: 20 mins Serves 6

- ⅓ cup white wine vinegar
- 1 Tbsp caster sugar
- 1 Lebanese cucumber, sliced into thin rounds ½ red onion, finely sliced
- 1.3kg side of skinless salmon, pin-boned 100ml sauvignon blanc





pork with pickled pineapple chutney You can make the chutney a day (or more) ahead. It also makes a great gift. Just spoon mix into sterilised jars and store in a cool dark place.





Cook's tips Beef with paprika, mustard and rosemary ■ When you order this cut from your butcher, ask for it to be tied for you. This will help the beef cook at an even rate, as well as ensuring it looks superb when served at the table. ■ Depending on the thickness of your scotch fillet, cooking times may vary slightly. For accuracy, you can test beef with an electric meat thermometer (60-65°C for medium), which you can purchase at kitchenware shops and department stores.

1 Tbsp extra virgin olive oil, plus extra, to drizzle Sea-salt flakes and freshly ground black pepper, to season

200ml crème fraîche
1/4 cup natural roasted
almonds, finely chopped
1 cup watercress sprigs
1/2 cup mint leaves

1/4 cup dill sprigs

Lemon wedges, to serve

- 1 Put vinegar and sugar in a medium bowl, stirring to combine. Add cucumber and onion, tossing to combine. Set aside for 45 minutes.
- 2 Preheat oven to 180°C. Line a large baking tray with baking paper and arrange salmon on top. Pour over sauvignon blanc and oil, then season. Cover tray with a layer of baking paper, then foil to enclose completely. Bake for 18 minutes or until fish is just cooked through. Remove foil and baking paper.
- 3 Transfer salmon to a large serving platter. Spoon crème fraîche into a small bowl, season, then stir until mixture becomes runny. Drizzle over salmon, then sprinkle over almonds, watercress, mint and dill. Finely grate zest from lemon over top, then drizzle over extra olive oil.
- **4 Arrange pickled red onion** and cucumber alongside salmon and serve with lemon wedges.

# Beef with paprika, mustard and rosemary

Preparation time: 10 mins plus 45 mins resting Cooking time: 40 mins Serves 6

1.5kg whole scotch beef fillet, tied (see Cook's tips, left)

- Sea-salt flakes and freshly ground black pepper, to season
- 2 Tbsp extra virgin olive oil
- 1 Tbsp smoked paprika
- 1 Tbsp wholegrain mustard
- 6 sprigs rosemary
- **1 Remove beef** from fridge, cover in plastic wrap and set aside at room temperature for 30 minutes.
- 2 Preheat oven to 180°C.

Remove plastic wrap from beef and season. Heat ½ of oil in a large non-stick frying pan over a high heat. Add beef and cook, turning every 4 minutes, for 16 minutes or until browned all over. Transfer to a chopping board.

Transfer to a chopping board.

3 Combine paprika, mustard and remaining oil in a small bowl. Rub mixture onto beef to coat well. Arrange rosemary down length of beef and secure with kitchen string at 4 intervals. Transfer beef to a large roasting tray. Roast for 40 minutes for medium cooked. To be sure, you can test by inserting a meat thermometer into centre of beef (see Cook's tips, left). Set aside to rest for 15 minutes, covered loosely in foil, before serving.

# Chicken roulade with sausage and pistachio stuffing

Preparation time: 20 mins Cooking time: 45 mins Serves 6

- 1 leek, white part only, halved lengthways, thinly sliced
- 1 stick celery, finely chopped
- 2 cloves garlic, crushed
- 4 Tbsp extra virgin olive oil
- 6 x 150g skinless chicken breast fillets
- 1/4 cup flat-leaf parsley leaves, very finely chopped

- Sea-salt flakes and freshly ground black pepper, to season
- 5 thin Italian pork and fennel sausages
- 3 sage leaves, shredded
- 1/4 cup sultanas, roughly chopped
- 1/4 cup pistachios, finely chopped
- 1/4 cup panko breadcrumbs Extra 6 sage leaves
- ½ cup chicken stock
- 1/4 cup pickled cocktail onions, finely chopped
- 2 Tbsp white wine vinegar
- 2 Tbsp orange marmalade

#### 1 Put leek, celery, garlic

and ½ of the oil in a large frying pan over a medium heat. Cook, stirring, for 10 minutes or until leek has softened. Transfer to a bowl and allow to cool for 15 minutes.

#### 2 Meanwhile, put chicken

between two sheets of baking paper. Using a rolling pin, gently pound to flatten to 1cm thick. Combine parsley and 1 Tbsp of remaining oil in a small bowl. Season and set aside.

- 3 Squeeze sausage meat from casings into a large bowl, discarding casings. Add shredded sage, sultanas, pistachios, breadcrumbs and cooled leek mixture to bowl, stirring to combine.
- 4 Evenly divide stuffing among chicken, spooning onto one short end, then rolling up tightly to enclose. Place extra sage leaves down length of each roulade, then tightly secure with kitchen string at 4 intervals. Rub parsley mix over roulades.
- 5 Preheat oven to 180°C. Heat remaining oil in a large ovenproof frying pan over a high heat. Add chicken and cook, turning, for 8 minutes or until browned all over. Transfer



pan to oven and roast for 15 minutes or until chicken is cooked through. Transfer chicken to plate and cover loosely with foil to keep warm.

6 To make gravy, add stock, onions, vinegar and marmalade to same pan (being careful as pan handle will be hot). Bring to a boil over a high heat and cook, stirring, for 10 minutes or until liquid has reduced by ½. Season. Serve chicken roulade with gravy on the side.

# Sides

# Stuffing cups with macadamia, figs and herbs

Preparation time: 20 mins Cooking time: 15 mins Serves 6

Cooking oil spray, to grease 12 thin slices round pancetta 60g butter, melted 2 eggs

1/2 cup flat-leaf parsley leaves, roughly chopped

- 1 Tbsp thyme leaves
- 2 cloves garlic, crushed
- 4 cups coarse fresh sourdough breadcrumbs
- 1/2 cup unsalted macadamia nuts 1/2 cup soft and juicy dried figs, roughly chopped 30g parmesan, finely grated

#### 1 Preheat oven to 180°C.

Grease 12 holes of a ½-cup capacity muffin tin with a little oil, then line each hole with a pancetta slice.

2 Put butter, eggs, parsley, thyme and garlic in a large bowl, whisking to combine. Add sourdough breadcrumbs, macadamias, figs and parmesan, tossing with hands to combine. Spoon mixture evenly into prepared holes and bake for 15 minutes or until golden brown. Serve.

## Roast potatoes, sage and bacon with sour cream

Preparation time: 15 mins Cooking time: 30 mins Serves 6

1 kg baby Red Delight potatoes, halved 1/4 cup extra virgin olive oil 2 cloves garlic, crushed 12 sage leaves 6 rashers rindless middle bacon, thinly sliced Sea-salt flakes and freshly ground black pepper, to season

#### SOUR CREAM DRESSING

½ cup sour cream
1 Tbsp wholegrain mustard
½ red onion, finely diced
1 tsp red vine vinegar
¼ tsp caster sugar

1 Preheat oven to 200°C. Put potatoes in a large roasting tray. Add oil and garlic, tossing well to coat, then arrange in a single layer. Scatter over sage and bacon, then season. Bake for 30 minutes, turning potatoes halfway, or until potatoes are tender and bacon is crisp.

2 Meanwhile, to make dressing put sour cream, mustard, onion, vinegar and sugar in a serving dish, mixing well to combine. Season. Serve roast potatoes drizzled with a little dressing and the rest on the side.

# Brussels sprouts salad with crispy bacon and smoked almonds

Preparation time: 15 mins Cooking time: 5 mins Serves 6

4 Tbsp extra virgin olive oil 4 rashers rindless middle bacon, sliced into batons 350g brussels sprouts ¼ cup red wine vinegar ½ clove garlic, crushed 60g parmesan, finely grated 1/4 cup smoked almonds, roughly chopped 1/4 cup flat-leaf parsley leaves

1 Heat 1 Tbsp of the oil in a large non-stick frying pan over a high heat. Add bacon and cook, stirring occasionally, for 4 minutes, or until crisp. Drain well on kitchen paper towel and cool to room temperature.

2 Meanwhile, use a mandolin or knife to shave brussels spouts.
Transfer to a large bowl. Add vinegar, garlic and remaining oil, tossing well to combine. Add parmesan, almonds, parsley and cooled bacon, tossing well to combine. Spoon salad onto a serving platter and serve.

## Green bean, beetroot, mint and feta salad

Preparation time: 10 mins Cooking time: 10 mins Serves 6

1/4 cup extra virgin olive oil Finely grated zest and juice of 1 lemon

- 1 Tbsp honey
- 1/2 cup pearl couscous 200g green beans,
- trimmed, halved 425g can baby beetroot,
- drained, halved
  1 cup mint leaves
- 100g Persian feta, crumbled

1 Put oil, lemon zest and juice, and honey in a small bowl, stirring well to combine.

2 Put couscous in a large saucepan of boiling salted water and cook over high heat for 8 minutes or until al dente. Drain well and transfer to a large bowl. Stir in half of the dressing then set aside to cool to room temperature.

**3 Meanwhile,** cook beans in another large saucepan of



Stuffing cups with figs



Roast potatoes with sage



Brussels sprouts salad



Green bean beetroot salad







Meringue-frosted cake





Limoncello cheesecake To make this a booze-free dessert, substitute vanilla extract for the limoncello.

Meringue-frosted cake Blowtorches are available from homeware stores as well as hardware stores. boiling salted water over high heat for 2 minutes. Drain well then transfer beans to a large bowl of iced water. Drain again.

**4 Arrange cooled beans,** couscous, beetroot and mint leaves on a serving platter.

leaves on a serving platter.
Scatter with feta and drizzle
over remaining dressing. Serve.

# Desserts

# Limoncello and summer berry cheesecake

Preparation time: 20 mins plus 6 hours chilling Cooking time: nil Serves 8

350g gingernut biscuits 60g unsalted butter, melted 1/3 cup raspberry cordial

1 Tbsp water

2 tsp gelatine powder

2 x 250g blocks cream cheese, chopped, softened Finely grated zest and juice of 1 lemon

½ cup icing sugar mixture 600ml thickened cream

125g strawberries

125g raspberries 125g blueberries

1 Tbsp caster sugar

2 Tbsp limoncello liqueur

Extra 300ml thickened cream
Extra 1 Tbsp icing sugar
mixture

Mint leaves, to garnish

1 Put biscuits in a zip-lock bag. Using a rolling pin, crush to rough crumbs. Transfer to a bowl and add melted butter, tossing to coat. Spoon mixture into base of a 6-cup capacity trifle bowl. Set aside.

2 Put cordial, water and gelatine in a small bowl and set aside for 10 minutes. Microwave on high for 15 seconds or until gelatine has dissolved.

**3 Put cream cheese** in the bowl of an electric mixer and

beat on high for 5 minutes or until smooth and fluffy. Add zest, juice and icing sugar and beat on low until just combined. Scrape down sides of bowl. Pour in cream and beat on medium until smooth. Add gelatine mix and beat until smooth.

4 Spoon mixture onto biscuit base and refrigerate for at least 6 hours (preferably overnight). 5 Combine berries, caster sugar and limoncello in a medium bowl. Set aside for 5 minutes to allow fruit to infuse. 6 Meanwhile, put extra cream and icing sugar in the bowl of an electric mixer and whisk on high for 2 minutes or until soft peaks form. Spoon on top of chilled creamed cheese mixture, Top with berry mixture, then

# Meringue-frosted lemon curd, coconut and pistachio cake

serve garnished with mint.

Preparation time: 25 mins plus 2 hours chilling Cooking time: 15 mins Serves 12

5 large lemons
2 cups caster sugar
1/4 cup cornflour
4 eggs, separated
200g unsalted butter,
chopped
460g store-bought unfi

460g store-bought, unfilled double sponge cake 1/4 cup pistachio kernels, finely chopped 1 Tbsp water

½ tsp cream of tartar 2 tsp coconut essence Holly leaves, to decorate

1 To make lemon curd, finely grate rind of 2 lemons into a medium saucepan. Squeeze juice from all lemons into a measuring jug. If you have less than 250ml juice, top up with water. Drain through a fine

sieve. Add liquid to saucepan, along with cornflour, egg yolks and ½ of the sugar, whisking until smooth. Add butter, then put pan over a medium heat and cook, stirring constantly with a flat-bottomed wooden spoon, for 8 minutes or until curd is smooth and thickly coats back of spoon (it will thicken slightly once cooled). Transfer to a large bowl and set aside for 15 minutes, then refrigerate for at least 2 hours to chill.

2 Using a large serrated knife, split each cake in half to create 4 discs. Put one sponge disc onto a serving plate or cake stand. Spread with ½ cup of cooled lemon curd and scatter with ⅓ of pistachios. Repeat with remaining sponge discs, lemon curd and pistachios, finishing with fourth layer of sponge. Refrigerate.

3 To make meringue, put eggwhites, water, cream of tartar and remaining sugar in a large heatproof bowl. Set over a saucepan of simmering water and cook, stirring, for 3 minutes or until sugar has dissolved. Add coconut essence and beat with electric hand beaters for 4 minutes or until thick and glossy and mixture holds firm a peak. Remove from heat and beat for a further 1 minute.

4 Spread meringue over cake. Using back of a spoon, create a decorative effect. Use a kitchen blowtorch (see Cook's Tips, left), to lightly brown meringue. Decorate with holly leaves. Serve.

#### Vanilla star cookies

Preparation time: 25 mins plus 30 mins chilling and 30 mins standing Cooking time: 20 mins Makes 24 60g unsalted butter, chopped, softened



1 tsp vanilla bean paste
1/4 cup caster sugar
2 egg yolks
1 Tbsp golden syrup
1 1/4 cups plain flour
1/2 tsp bicarbonate of soda
200g ready-to-roll white icing
1/4 cup white chocolate melts,
melted
Silver cachous, to decorate
Edible silver star sprinkles,

to decorate (optional)

- 1 Put butter, vanilla and sugar in a large bowl and beat with electric hand beaters on medium until light and fluffy. Add egg yolks and syrup, beating to combine. Sift in flour and bicarb, folding until a smooth dough forms. Turn out onto a lightly floured surface and shape into a 2cm thick disc. Cover with plastic wrap and refrigerate for 30 minutes.
- 2 Preheat oven to 180°C.

Line 2 oven trays with baking paper. Roll out ½ of dough between 2 sheets of baking paper until 5mm thick. Using an 8cm star-shaped cookie cutter, cut out 12 stars. Using a 5cm star-shaped cookie cutter, cut out centres of each. Put hollow stars on one prepared tray 2cm apart, and small centre stars on second prepared tray 2cm apart.

3 Bake for 10 minutes or until

- golden and firm to touch. Cool on trays. Repeat with remaining dough to make 24 cookies. Cool completely on trays.
- **4 Meanwhile,** roll out white icing between 2 sheets of baking paper to 3mm thick. Cut out star shapes to fit biscuits.
- 5 Using a clean artist's paintbrush, brush a little chocolate onto backs of each icing star and stick to biscuits. Decorate with cachous and sprinkles, if desired. Set aside for 30 minutes to let chocolate and icing to set. Serve.

## Surprise chocolate rum and raisin truffles

Preparation time: 20 mins plus 45 mins cooling Cooking time: 5 mins Makes 16

- 1/4 cup raisins, finely chopped
   2 Tbsp dark rum
   100ml thickened cream
   400g dark chocolate, roughly chopped
   200g box Ferrero Rocher spherical chocolates, unwrapped
   Cocoa powder, to dust
- 1 Line a baking tray with baking paper. Put raisins and rum in a small saucepan over a low heat and cook, being careful not to let rum boil, for 30 seconds or until rum is warm. Set aside for 5 minutes to infuse raisins.
- 2 Put cream in another small saucepan and bring to a simmer over a low heat. Add chopped chocolate, then remove from heat and stir for 2 minutes or until chocolate has melted and mixture is smooth. Stir in raisins and any remaining rum in bowl, then transfer mixture to a medium bowl and refrigerate for 15 minutes.
- 3 Using damp hands, shape 1 Tbsp of mixture around one Ferrero Rocher, rolling until a ball forms. Set aside on prepared tray. Repeat with remaining mixture and Ferrero Rochers to make 16 truffles. Refrigerate for 30 minutes or until chilled. Dust liberally with cocoa and serve.

# Individual ginger and almond puddings with chocolate sauce

Preparation time: 15 mins Cooking time: 1 hour 30 mins Makes 6 Melted butter, for greasing 80g unsalted butter, chilled, coarsely grated 1/4 cup dark brown sugar, firmly packed 1/4 cup plain flour 3/4 cup fresh breadcrumbs ½ cup almond meal 2 tsp ground ginger 2 tsp mixed spice 2 eggs, lightly beaten 50g flaked almonds 100g glacé ginger, finely chopped 300g raisins 1 green apple, peeled, coarsely grated

CHOCOLATE SAUCE
150ml thickened cream
100g dark chocolate,
roughly chopped
Vanilla star cookies
(see recipe previous page)

#### 1 Preheat oven to 130°C.

Grease a 6-hole <sup>3</sup>/<sub>4</sub>-cup capacity Texas muffin tin with melted butter. Line bases with a disc of baking paper.

- 2 To make puddings, put all pudding ingredients in a large bowl, stirring to combine.

  Spoon mixture into prepared tin, then top with a single layer of baking paper. Cover tin tightly with foil and bake for 1 hour 30 minutes or until cooked when tested with a skewer inserted in centres.

  Cool in tin for 5 minutes, then turn out onto a wire rack.
- 3 Meanwhile, to make chocolate sauce, put cream in a small saucepan over a low heat and bring to a simmer. Stir in chocolate and remove from heat. Continue stirring until chocolate has melted and mixture is smooth.
- **4 Put puddings** on a serving plate and drizzle over warm sauce. Serve garnished with vanilla star cookies.







- Get a head start with your preparations by making these in advance. They will keep, stored in an airtight container, for up to two weeks.
- If you want to turn these cookies into pops, just insert confectionary skewers into each biscuit prior to baking them.



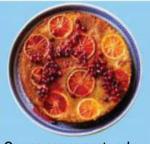
# range tiramisu



Fruit and nut pud loaf



Sticky orange Marsala pud



Orange pomegranate cake

# Christmas show stoppers

#### Orange tiramisu

Preparation time: 15 mins plus 15 mins chilling Cooking time: nil Serves 4

100ml espresso 160ml Cointreau or orange 300ml thickened cream 1/4 cup icing sugar mixture 250g mascarpone 3/4 cup finely grated dark chocolate, plus extra to serve 12 Italian sponge fingers or savoiardi biscuits

1 Put espresso and Cointreau in a small flat ceramic dish, stirring to combine. Set aside. 2 Put cream and sugar in the bowl of an electric mixer and beat until soft peaks form. Beat in mascarpone until thickened. 3 Spoon 1/3 of the cream mix into the base of four 11/2-cup capacity serving glasses. Top with a layer of grated chocolate. Dip 1/2 of the sponge fingers quickly into coffee mixture (just enough to cover, not to soak), and place on top of chocolate layer, breaking to fit. Spoon over 1/2 of the remaining cream, then repeat with chocolate layer and dipped biscuit layer. Top with remaining cream and refrigerate for 15 minutes. Serve tiramisu topped with grated chocolate.

#### Fruit and nut Christmas pudding loaf

Preparation time: 45 mins plus overnight soaking Cooking time: 2 hrs 15 mins Serves 8-10

2 cups dried mixed fruits 1/2 cup glacé cherries 1 Granny Smith apple coarsely grated, Finely grated zest of 1 orange Finely grated zest of 1 lemon <sup>2</sup>/<sub>3</sub> cup apple juice 2 Tbsp brandy 2 Tbsp Cointreau 140g butter, plus extra for greasing 1/2 cup brown sugar 2 eggs, beaten 1/2 cup self-raising flour 11/4 cups white breadcrumbs 2 Tbsp golden syrup 2 tsp mixed spice 1 tsp ground cinnamon 1/2 tsp fine salt 25g toasted hazelnuts, roughly chopped 25g toasted pecans, roughly chopped 25g blanched almonds, roughly chopped

#### **TOPPING**

50g butter, chopped, plus extra for greasing 1/4 cup brown sugar 1 Tbsp golden syrup 1 Tbsp brandy 25g toasted hazelnuts 25g toasted pecans 25g blanched almonds 25g glacé cherries Icing sugar mixture, for dusting (optional)

1 Put dried fruit, cherries, apple, both zests, apple juice, brandy and Cointreau in a large bowl, stirring to combine. Microwave on high for 1 minute, then leave to soak overnight.

#### 2 Preheat oven to 180°C.

Grease an 8-cup capacity loaf tin with butter and line with baking paper.

3 Put butter and sugar in the bowl of an electric mixer and beat on high until pale and creamy. Using a wooden spoon, stir in remaining ingredients and soaked fruit. Spoon mixture into loaf tin and smooth surface. Put loaf tin in a deep roasting pan, fill half way up sides with boiling water, then bake in oven for 40 minutes.

4 Reduce heat to 160°C and cook for a further 11/2 hours, topping up water level in roasting pan occasionally. 5 To make topping, put butter, sugar and syrup in a small saucepan over a low heat and cook until sugar dissolves. Stir in brandy, then stir in nuts and cherries. Spoon over hot pudding and serve dusted with a little icing sugar, if desired.

Tims 1. This pudding can be made up to eight weeks before Christmas and frozen, or can be made up to four weeks before the big day and kept in the fridge as it matures. 2. To reheat, put pudding in its tin in an oven preheated to 160°C for 30 minutes. Alternatively, turn it out onto a serving plate, cover loosely with plastic wrap and microwave for 5 minutes on medium. 3. For a more traditional-style pudding, butter a 2-litre capacity pudding basin (or two 1-litre capacity basins) and line base with a circle of baking paper. Fill with pudding mixture, then cover with a large



sheet of pleated baking paper and foil, securing with string. Place basin in a large saucepan, fill with boiling water to half way up sides, then cover and steam for 3 hours, checking water level occasionally.

#### Sticky orange and Marsala pudding

Preparation time: 20 mins Cooking time: 1½ hours Serves 8

Melted butter, for greasing 1/4 cup golden syrup 2 oranges, thinly sliced 175g butter, chopped 3/4 cup caster sugar 3 eggs, beaten 1/2 cup self-raising flour 1 cup fresh white breadcrumbs 1/4 tsp grated fresh nutmeg 2 Tbsp Marsala Finely grated zest 1 orange 200g mixed dried fruit 1/2 cup glacé cherries, halved Vanilla ice-cream, to serve (optional)

SYRUPY SAUCE ½ cup golden syrup
Finely grated zest of
1 orange and juice of ½
60ml Madeira

1 Grease a 1.2-litre pudding basin with butter. Cut out a large circle of baking paper and a large circle of foil, both 5cm wider than rim of pudding

basin. Make a sharp pleat down

centre of both, then grease one side of baking paper to create pudding lid. Set aside.

- **2 Spoon golden syrup** into bottom of prepared basin. Lay 5 slices of oranges in bottom, overlapping like petals.
- 3 Put butter and sugar in the bowl of an electric mixer and beat until pale and creamy. Gradually add eggs, beating until light and fluffy (if mixture starts to split add a spoonful of flour). Add flour and breadcrumbs, folding to combine, then add remaining ingredients, folding to combine. Spoon mixture on top of orange slices, adding remaining orange slices against side of basin as you go. Cover with baking paper lid, butter-side down and pleat on top, then foil. Push sides of lid down, then secure with a piece of string tied under lip of basin. Use any overhanging string to create a handle to help lift pudding out of saucepan.
- 4 Stand pudding basin on top of an upturned bowl or saucer in a large saucepan. Fill saucepan with enough boiling water to come halfway up side of basin and heat over a low heat. Bring to a gentle simmer, then cover saucepan with a lid and leave to steam for 1½ hours, topping up with boiling water if level gets low, or until pudding is cooked when tested with a skewer.
- **5 To make syrupy sauce**, put all ingredients in a small saucepan over a medium heat

and cook until warmed. Turn pudding out onto a plate and serve drenched with syrupy sauce and a dollop of vanilla ice-cream, if desired.

Tip This can be made up to a week in advance. Once cooked, cover with clean baking paper and foil and keep in a cool, dry place until ready to serve. Resteam pudding for 1 hour before serving.

## Orange blossom and pomegranate cake

Preparation time: 35 mins Cooking time: 1 hour 40 mins Serves 8–10

- 6 thin-skinned oranges, 3 whole and 3 juiced 250g butter, softened, plus extra to grease 1/4 cup honey, plus 2 Tbsp extra, to drizzle base 11/5 cup caster sugar 11/5 cup self-raising flour 11/2 cups ground almonds 1 tsp baking powder 4 eggs, beaten
- 1 Tbsp orange blossom
  water, plus 1 tsp extra
  for syrup

  1/2 cup full-fat Greek yoghurt,

plus extra to serve
Seeds of 1 pomegranate

1 Put 1 whole orange in a deep saucepan and cover with water. Bring to the boil over a high heat and cook for a couple of minutes. Get rid of water and

start again, this time simmering for 40 minutes or until orange is really soft. Drain and discard water. When cool enough to handle, cut boiled orange in half and remove all pips.

- 2 Preheat oven to 180°C. Grease a 22cm-round cake tin with butter and line with baking paper. Drizzle 2 Tbsp honey over base of prepared tin, then slice remaining 2 whole oranges and arrange slices over honey.
- 3 Put boiled orange in a food processor and process to a puree. Put softened butter in the bowl of an electric mixer and add 1 cup of sugar, remaining honey, flour, almonds, baking powder, eggs, orange blossom water and yoghurt, beating until smooth. Stir in pureed orange, then carefully transfer mixture into tin, being careful not to dislodge orange slices. Bake for 1 hour or until cooked when tested with a skewer. Leave cake to cool in tin for 10 minutes, then turn out onto a serving plate.
- 4 Combine orange juice, remaining sugar and extra orange blossom water in a saucepan over a medium heat. Simmer for 5 minutes or until syrup has thickened slightly, then stir in pomegranate seeds. Serve cake slightly warmed or at room temperature topped with dollops of extra yoghurt and drizzled with pomegranate syrup.

Keep the good times rolling with our Christmas puds you can cook ahead and store until ready to serve!



magazine!





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#### HOME TO THE STARS

#### Gather your supplies

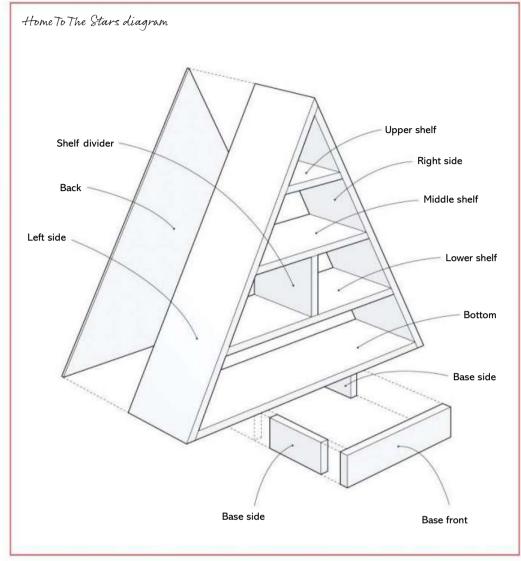
- Bottom 380 x 92 x 11mm dressed pine
- Right side 462 x 92 x 11mm dressed pine
- Left side 476 x 92 x 11mm dressed pine
- Base side (2) 81 x 40 x 11mm dressed pine
- Base front 175 x 40 x 11mm dressed pine
- Lower shelf 287 x 92 x 11mm dressed pine
- Middle shelf 193 x 92 x 11mm dressed pine
- Upper shelf 98 x 92 x 11mm dressed pine
- Back 423 x 402 x 3mm MDF
- Shelf divider 90 x 92 x 11mm dressed pine

Notes 1. Check all components against actual unit as it is built before cutting to size.

2. Measurements given are the longest side on pieces with angled cuts. 3. Angled cuts at each end of components to go in the opposite direction to each other. 4. All joints glued and nailed.

#### You'll also need

Cordless drill; 1.5mm wood bit; PVA glue; 30 x 2mm nails; hammer; nail punch; wood filler; timber undercoat, semi-gloss acrylic paint (off-white)



#### Here's how

STEP 1 Cut bottom with a 25° angle at each end. Cut right side with 25° cut at one end and 40° cut at other. Butt bottom into right side flush with end that has 25° cut. Predrill using 1.5mm bit and then nail. STEP 2 Cut left side to length with a 25° cut at one end and a 40° cut at the other. Place against open ends of bottom and right side so angles on ends match the angles on those pieces. Predrill and nail. STEP 3 Create base assembly by butting base sides into base

front flush with the ends. Predrill

and nail. Sit tree on top of base

assembly so it is centred. Drill

through bottom into base assembly and nail. Make sure base sides are square to tree before drilling and nailing at the back.

STEP 4 Cut lower shelf with angles of 25° at each end.

Measuring perpendicular to the bottom, mark
a point on each side of the tree
90mm up from the inside face of the bottom. Place lower shelf between sides so underside of shelf meets these points. Predrill and nail through sides into shelf.

STEP 5 Repeat Step 4 to install middle and upper shelf. Make marks on sides for each shelf by measuring up 90mm from top of the shelf below.

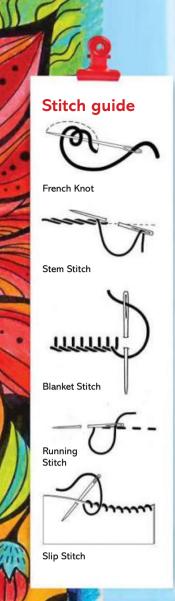
**STEP 6** Slot divider into desired position. Predrill and nail through shelves above and below to secure.

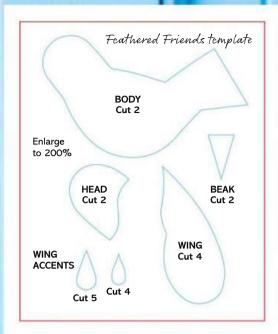
**STEP 7** Trace shape of tree on plywood sheet and cut out to make the back. Glue and nail to tree.

**STEP 8** Punch all nails below surface. Use wood filler to fill holes and gaps. Leave to dry then sand smooth.

**STEP 9** Apply undercoat. Let dry, then apply 2 coats of off-white semi-gloss acrylic.

For project supplies, see Stockists page







#### FEATHERED FRIENDS

#### Gather your supplies

Red, grey, light blue, yellow felts and matching sewing threads; white embroidery thread; black sequins; white sequins; red, blue and black seed beads; hobby fill; bamboo skewer or knitting needle for stuffing

#### Here's how

**STEP 1** Using a photocopier, enlarge Feathered Friends template. Cut out and use to cut felt pieces from colours as pictured.

**STEP 2** Using white embroidery thread, blanket stitch head sides to each side of body at neck. Embellish body and 2 wing cutouts with wing accents, sequins

and seed beads, as pictured. Blanket stitch embellished wing cut-outs together with plain wing cut-outs. Blanket stitch beak pieces together with matching thread. Blanket stitch body sides together with matching thread, catching beak in place, leaving an opening for stuffing. Fill with hobby fill. Stitch the opening closed. Stitch wings in place.



#### REINDEER MAGIC

#### Gather your supplies

Red, taupe, light blue felts; Vliesofix; tacky craft glue; red thread; hobby fill; bamboo skewer or knitting needle for stuffing; white embroidery thread

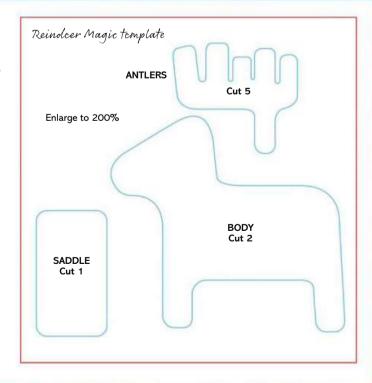
Note If using a sewing machine to stitch the body, leave

10mm around all sides of traced template line when cutting out. Stitch 3mm in from tracing line then cut away the excess 10mm.

#### Here's how

**STEP 1** Using a photocopier, enlarge the Reindeer Magic template. Cut out and use as a template to cut felt pieces from colours, as pictured, for body and saddle.

**STEP 2** Glue or fuse 2 layers of blue felt together with Vliesofix and cut out antlers. Blanket stitch or machine stitch body sides together, catching antlers in place and leaving an opening for stuffing. Fill with hobby fill. Stitch opening closed. Attach saddle with glue and use embroidery thread to make a French knot for an eye.







If you understand the importance of growing food organically, try Nature's Way Citrus & Ornamental Spray.

It has earned the stamp of approval from Australian Certified Organic for use in organic gardens to control common chewing and sucking insect pests.

Edible produce can be washed and eaten one day after spraying. And if you're not already feeling good enough about doing the right thing with your little corner of the world, you can feel even better knowing 2.5% of sales of Nature's Way products are donated to support initiatives protecting and repairing the environment.













#### seasonalcrafts



#### WHAT A DOLL!

#### Gather your supplies

15cm wood and wire craft figure; satin varnish; fine black marker; pink pencil; acrylic craft paints in grey, white and dark blue; red embroidery thread; grey 8ply yarn; hot glue gun and glue sticks or tacky craft glue; grey felt; 3.75mm knitting needles; red 8ply cotton yarn; black embroidery thread; yarn needle; timber beads

#### Here's how

STEP 1 Paint face of doll with varnish and leave to dry. Using picture as a guide, draw on facial features with black marker. Add pink pencil to cheeks with a cotton bud. Paint hands and shoes, as pictured. STEP 2 Wrap legs in embroidery thread and arms grey yarn, securing ends with hot glue or tacky craft glue. Wrap the body in grey yarn and secure the ends as before.

**STEP 3** Cut a strip of grey felt 26 x 2.2cm for a scarf, cutting small snips into each short end to form a fringe. **STEP 4** Knit a hood. Using 3.75mm needles and 8ply cotton yarn in red cast on 33 stitches.

**Row 1–6:** Work in stocking stitch beginning with a knit row.

**Row 7:** K2tog, knit to end ...32 sts. **Row 8:** P2tog, purl to end ...31 sts.

Row 9: K2tog, knit to end ...30 sts.

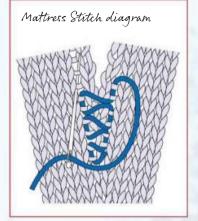
Row 10: Purl

Row 11: K2tog, knit to end ...29 sts.

Row 12: P2tog, purl to end ...28 sts.

**Row 13:** K2tog, knit to end ...27 sts.

Row 14: P2tog, purl to end ... 26 sts.



Row 15: K2tog, knit to end ...25 sts.

Row 16: P2tog, purl to end ...24 sts.

Row 17: K2tog, knit to end ...23 sts.

Row 18: P2tog, purl to end ...22 sts.

Row 19: K2tog, knit to last 2 sts,

K2tog ...20 sts.

Row 20: P2tog, purl to last 2 sts,

P2tog ...18 sts.

Row 21: K2tog, knit to last 2 sts,

K2tog ... 16 sts.

Row 22: P2tog, purl to last 2 sts,

P2tog ...14 sts.

Row 23: K2tog, knit to last 2 sts,

K2toq ...12 sts.

Row 24: P2tog, purl to last 2 sts,

P2tog ... 10 sts.

Row 25: K2tog, knit to last 2 sts,

K2tog ...8 sts.

Row 26: P2tog, purl to end ...7 sts.

Row 27: K2tog, knit to end ...6 sts.

Row 28: P2tog, purl to end ...5 sts.

Row 29: K2tog, knit to end ...4 sts.

Row 30: P2tog, purl to end ...3 sts.

Cast off.

#### To make up

Using yarn needle, sew in ends.
Using Mattress Stitch, begin at first decrease row, join sides together at back to tip of triangle to form hood shape. Stitch a length of yarn to create a tie at each front side. Tie hood in place on doll with a neat bow. Add a bead to each thread end. Knot to secure and trim ends. To finish, stitch a small black tassel to hood and wrap scarf around neck.



# Find the right lid every time!



# purple lids match purple bases















# Free eat CLEAN Mini Book



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Welcome

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PARENTING

Available 9th November Available
16th November



marie claire

Girlfriend InStyle

#### seasonalcrafts



#### OWL SEE WHAT I CAN DO

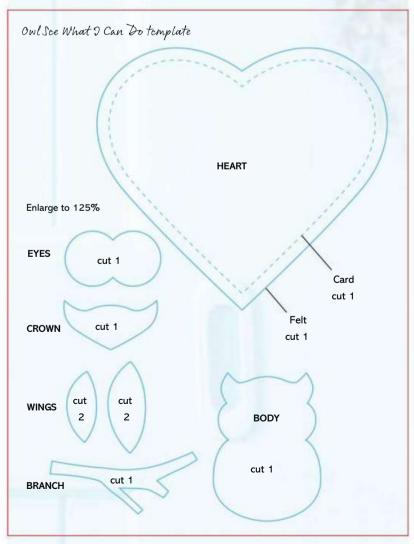
#### Gather your supplies

Red, grey, light blue, cream, orange, brown felts; tacky craft glue; red, black and white sewing threads; black and white sequins; blue seed beads; white, orange and brown embroidery thread; stiff card

#### Here's how

**STEP 1** Using a photocopier, enlarge Owl See What I Can Do template below. Cut out and use to cut felt pieces from coloured felt as pictured.

STEP 2 Layer owl pieces as shown in picture. Glue and stitch in place. Embellish owl with sequins and seed beads and stitching. Stitch seed beads to front of heart. Sandwich stiff card between heart layers, blanket stitch around to enclose card.



# Find the right lid every time!



## red lids match red bases











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Samantha Harris and Ada Nicodemou Priceline Sisters

Foundation

\*Share4sisterhood





#### seasonalcrafts



#### **MRS MOUSE**

#### Gather your supplies

Cream and red felt; scrap of red print fabric and matching thread; hobby fill; bamboo skewer or knitting needle for stuffing; stiff card; metal curtain weights (optional), black seed beads; black, white and pink embroidery thread

Note If using a sewing machine to stitch spine, leave 10mm around spine seams of traced template line when cutting out. Stitch 3mm in from tracing line then cut away the excess 10mm.

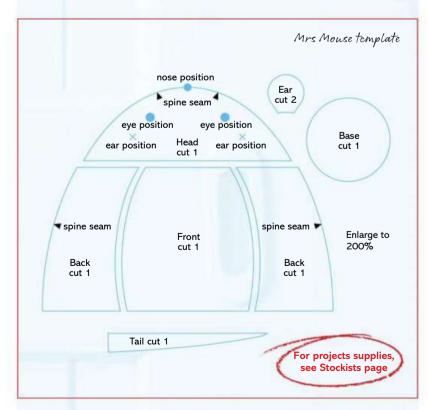
#### Here's how

STEP 1 Using a photocopier, enlarge Mrs Mouse template. Cut out and use to cut cream felt pieces. Cut a 4cm circle from stiff card.

STEP 2 With wrong sides facing, slip stitch each back piece to each side of front panel. Stitch head piece to body around neck. Fold in half and stitch down spine from nose to base of mouse. Fill body with hobby fill. Stitch felt base circle to bottom of body, sliding in metal curtain weights and stiff card circle (on base). Catch tail in place and finish stitching around base.

STEP 3 Bring sides of ear together and stitch to create ear shape. Repeat for other ear. Stitch ears to head. Stitch seeds beads in place for eyes with black embroidery thread. Stitch nose with pink embroidery thread and whiskers with white embroidery thread.

STEP 4 Using body template as guide, adding seam allowance for side seams, cut print fabric to fit around body. With right sides facing, stitch back and side seams. Finger press a hem and stitch 2mm from edge. Turn through and slide onto mouse. Cut a 12 x 5cm rectangle from red felt to wrap around mouse. Catch in place at front with red thread. >



# Find the right lid every time!



## green lids match green bases













# ANIMAL WELFARE IS IMPORTANT TO ME.

When eating out, Choose Wisely makes it easy to find a café or restaurant that's putting humane food on the menu. Visit choosewisely.org.au



An initiative of the RSPCA\*\*



#### seasonalcrafts





## WRAP IT WITH RUDOLPH

### Gather your supplies Stiff card and compass or

Stiff card and compass or pompom maker; blue yarn; Vliesofix or tacky craft glue; brown felt; sewing thread and needle; black beads; red felt ball; 3mm ribbon

#### Here's how

**STEP 1** Using pompom maker or two 6cm circles of stiff card with a 2cm

opening, make a blue yarn pompom (see Pompom diagram). Fuse or glue 2 layers of brown felt together. Using a photocopier, enlarge Antler template. Using template, cut 2 antlers from brown felt. Stitch antlers in place with needle and thread. Stitch bead eyes in place. Cut back off felt ball so it sits flat. Stitch in place. Stitch ribbon hanging loop between antlers.

# Pompom diagram













step 1–3 Use the measurements specified above to trace and cut 2 circles from stiff cardboard with holes cut in the centre. Hold the circles together. Using a long length of yarn threaded through a yarn needle, wind yarn around the ring. Keep adding lengths of yarn until the ring is covered and the centre hole is completely filled.

sTEP 4–6 Place the point of sharp scissors between the 2 circles of cardboard and cut around, snipping through a few strands of yarn at a time. Slip a 30cm length of a double strand of yarn or stranded embroidery thread between the circles and tie firmly in a knot. Pull away the rings. Fluff out the yarn. Trim into a neat sphere.

# Be a Well Being

Blackmores.com.au



 In dietary supplements - Aztec Aust. Grocery and pharmacy MAT sales 22/02/15. Always read the label. Use only as directed. CHC70445-04/15





#### SANTA IS COMING

#### Gather your supplies

Papier-mâché hanging ball; pencil; acrylic craft paints in red, white and skin tone; tacky craft glue; red glitter; white glitter; black FIMO or 2 small black wooden beads; red FIMO or 1 medium red wooden bead; cream felt; fine black marker; pink pencil; cotton bud

#### Here's how

STEP 1 Using picture as a guide, mark pencil line around ball for brim of hat. Mark curved zone for face. Paint hat zone red, face zone skin tone and rest in white. Leave to dry.

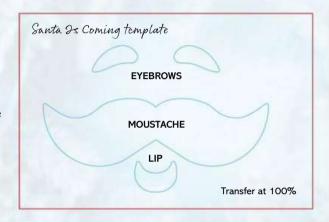
**STEP 2** Brush red area with glue and sprinkle with red glitter. Brush white area with glue and sprinkle with

white glitter. Leave to dry. **STEP 3** If using FIMO, roll two small balls for eyes from black FIMO. Roll a larger ball for nose from red FIMO. Flatten all slightly. Bake at 110°C for 30 mins. Allow to cool. You could also use buttons or sequins.

**STEP 4** Cut a strip of felt to fit around brim line and

glue in place. Using Santa is Coming template, cut eyebrows, moustache and lip from cream felt and glue in place.

STEP 5 On spare paper, colour heavily with pink pencil. Use cotton bud to collect pigment from paper and colour cheeks on face. Glue eyes and nose in place.





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# I'm not really naughty, just a bit stressed.



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# Christmas, From page 30

Prefer not to colour in? Use your illustrated paper to make these beautiful gift bags, tags, boxes and envelopes. Just follow the templates to cut, fold and glue or tape.

#### How sweet it is

Cut out your bag template with scissors or sharp craft knife. If you work with a craft knife it is best to rest your template on a self-healing cutting mat. By the way, if you're left-handed you need left-handed scissors!

= cutting lines

= valley folds = mountain folds

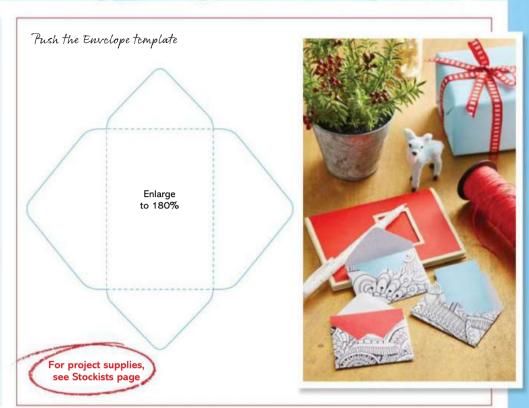
How Sweet It Is template

Enlarge to 140%



# Present a taggerrific gift To hand-make a similar tag, cut two

To hand-make a similar tag, cut two rectangle shapes from card stock and your free colouring paper. At one end of each, trace around part of a wine glass rim. Cut along marked curves to round off your tags. Punch a hole in each and thread with ribbon.

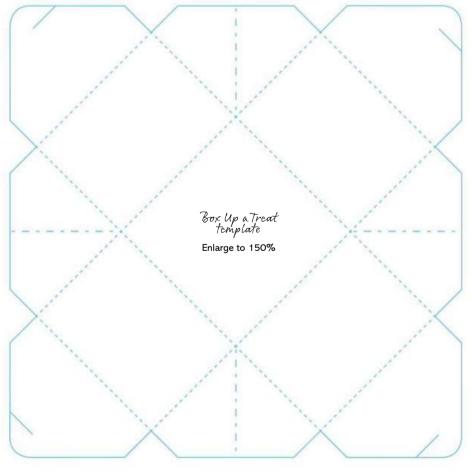




#### Box up a treat

As well as using your 'You Colour My World' paper, use plain or patterned card stock to create beautifully coordinated boxes to match your Christmas gift-wrap colour scheme.

= cutting lines
----= = valley folds
---- = mountain folds





# betterpets

An Aussie charity is helping to save a majestic endangered species, before it's too late



he world's a big place, but it seems its animal pool is shrinking ever smaller. The media spotlight can give causes their due attention – Cecil the Lion put a face to the fabulous cat family targeted in the name of sport – but it came at the cost of an unnecessary death. Already on the brink, the fate of the South African rhinoceros cannot afford to wait, since no action now means no rhinos at all by 2024.

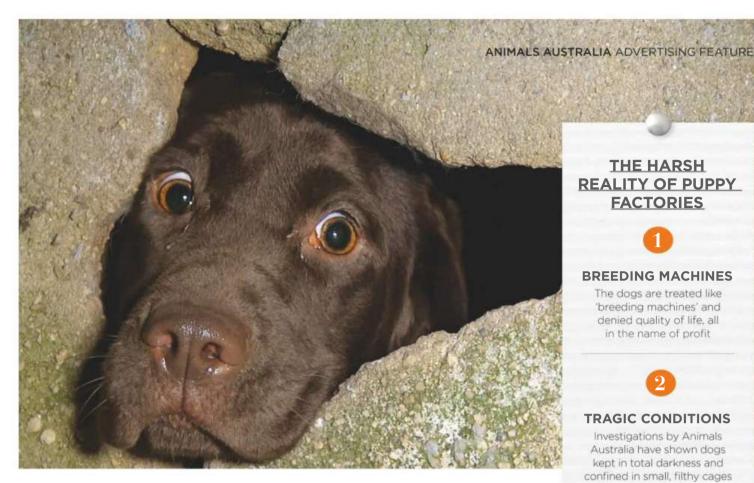
Every six hours, a rhino in South Africa is killed for its horn. And despite what poachers and buyers believe, there's no scientific evidence to suggest the horn provides any medicinal benefit — it's made of similar material to our own hair and fingernails.

Unfortunately, this hasn't stopped rhinos from being hunted and their horn incorporated into uses ranging from medicine to status symbols.

Believe it or not, the value of rhino horn in South Africa is worth more than double of gold, with prices rising this year to US\$103,000 per kilo. With those dollar signs incentive enough, these majestic animals will continue to be targeted by illegal hunters.

Thankfully, the Australian Rhino Project is aiming to save this iconic animal. Over four years, it plans to transport 80 rhinos by plane from private farms in South Africa to locations in Australia, with the ultimate goal of creating and maintaining a breeding herd of rhinos away from poachers. Should illegal poaching see their end in the wild, the species would still survive in captivity in our own backyard, before being reintroduced, with a new generation of young, to its native African habitat.

For more information or to make a donation, visit theaustralianrhinoproject.org



# LIFE IN THE DUPPY factories

When looking for your new pet, find out where they come from and help put an end to puppy factories

hen the gentle brown Labrador above was discovered, she was living a life of deprivation in a puppy factory. Investigators also found dogs confined in over-crowded, faeceslittered pens with no bedding or protection from the cold. The factory was forced to close its doors. By adopting your next four-legged friend from a reputable shelter, you can ensure you aren't unwittingly supporting a cruel puppy factory like this one, and you'll also save a life.



#### JOJO'S NEW FAMILY

Little poodle-cross Jojo was discovered in a puppy factory, where she'd lived for five years as a breeding dog, having over 40 puppies and valued only for the money she made. Since being rescued by her adoptive mum Lucille, sweet Jojo has never been happier. She loves joining Lucille for walks in the park or brunch with friends, and has enriched Lucille's life as much as Lucille has changed hers.

TO FIND OUT MORE, VISIT KNOWYOURBESTFRIEND.COM

#### THE HARSH REALITY OF PUPPY **FACTORIES**



#### **BREEDING MACHINES**

The dogs are treated like 'breeding machines' and denied quality of life, all in the name of profit



#### TRAGIC CONDITIONS

Investigations by Animals Australia have shown dogs kept in total darkness and confined in small, filthy cages with no exercise, bedding or clean water



#### **ONLINE SALES**

Puppy factories regularly advertise on online trading sites like Gumtree and the Trading Post



#### LACK OF **PROTECTION**

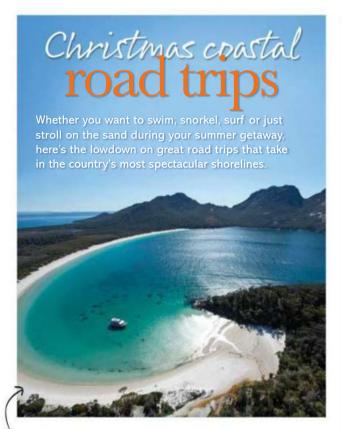
Purely for commercial reasons, 'breeding dogs' in puppy factories aren't covered by the same laws that protect our pet dogs at home.



# Words Andrea Black; photography Getty Images

# bettertrave

Pack a bag and hop in the car – it's time to hit the road!



#### Circle Tasmania, Tas

From Hobart, head to Freycinet National Park on the east coast and swim in the majestically curved Wineglass Bay. See the best of nature on the Bay of Fires Walk in Mount William National Park, then head towards Launceston for a bird's-eye view from Cataract Gorge. Venture into the World Heritage Cradle Mountain-Lake St Clair National Park, whitewater raft the famous Franklin River, then stroll through waterfalls and fern forests in Mount Field National Park, discovertasmania.com.au



#### Pacific Coast route, Qld

Explore Fraser Island in a 4WD, then see turtles at Mon Repos near Bundaberg. Stop at Rockhampton to visit Capricorn Caves and Great Keppel Island, then snorkel among coral in the Whitsundays. Dive the famous shipwreck in Townsville, then visit

Magnetic Island to spot Australia's largest colony of koalas in the wild. Finish in Cairns where the World Heritage-listed Great Barrier Reef and Daintree National Park collide. gueensland.com

#### Syd to Melb coast route, **NSW** and Vic

Swim at Currarong, south of Nowra, then hit the road to Batemans Bay and see some of the state's best beaches and seaside towns. Stop off for fresh oysters in Pambula, then cross the border and feed sea eagles at Mallacoota. Walk along Ninety Mile Beach, through Wilsons Promontory National Park at the mainland's southernmost tip and don't forget to meet the penguins on Phillip Island. sydneymelbourne touring.com.au



Tip! Check out kidzcationz.com, the new website that allows kids as well as parents and carers to rate hotels and attractions based on how well they cater to the needs of younger family members.

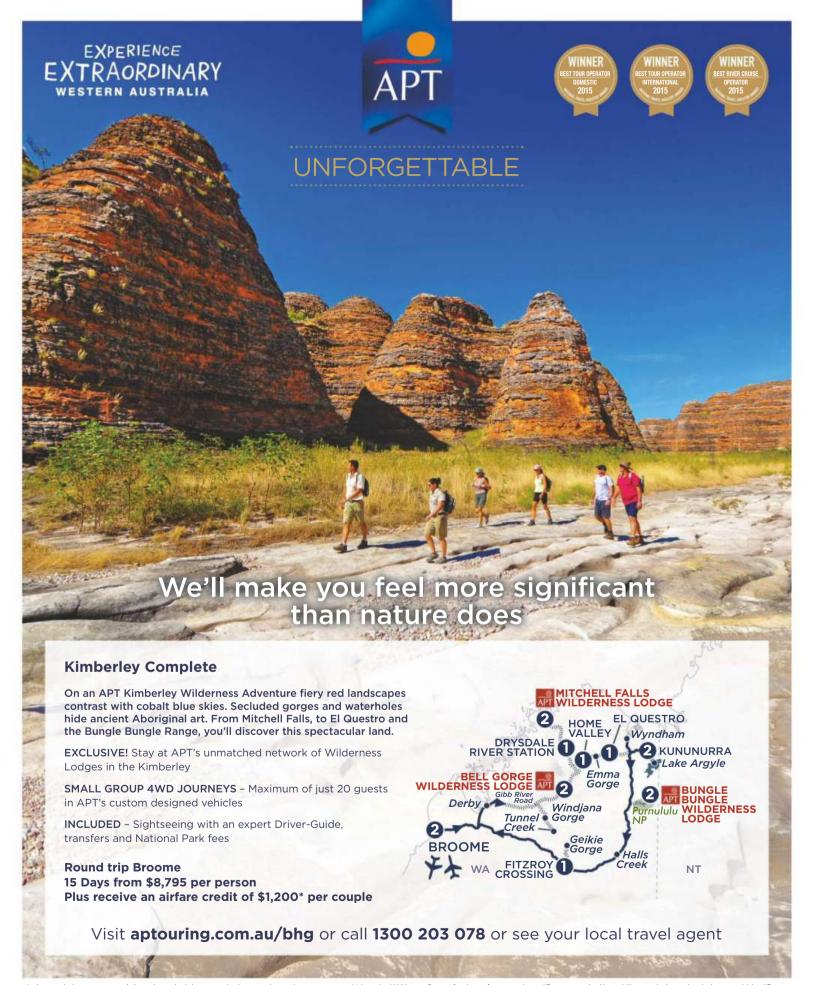
#### Melbourne to Adelaide The Great Ocean Road. Vic and SA

From the surfing destinations of Torquay and Bells Beach to the magnificent Twelve Apostles on the shore of Port Campbell National Park, this coastline is breathtaking. Add lush rainforests and waterfalls, plus the towering sea cliffs of Cape Bridgewater. Stop off for wine tasting in Coonawarra and on the Fleurieu Peninsula, and don't forget to check out the Naracoorte Caves World Heritage fossil site en route to Adelaide. melbournetoadelaide.com.au



#### ndian Ocean Drive, WA

While the southwest of WA gets a lot of the attention, there's so much to see heading north of Perth. Sure, the distances are long, but the rewards are great! You can feast on fresh crayfish in Geraldton and swim in crystal clear waters in Carnarvon. Kalbarri National Park and Cape Range National Park offer spectacular rugged cliffs and gorges and of course there's the whale sharks on Ningaloo Reef and the dolphins at Monkey Mia. With a host of fishing towns and white-sanded beaches, a drive up the Coral Coast is a trip every Australian should experience at least once. westernaustralia.com



\*Conditions apply. Prices are per person (pp) twin share and include savings and early payment discount. Prices are correct as at 14 September 2015 but may fluctuate if surcharges, fees or toxes change. Offers are not combinable, available on new bookings only and subject to availability. Offers may be withdrawn at any time. Book by 15 December 2015, unless sold out prior. Prices based on September 2016 departures for GKC15 and include the Early Payment Discount. A deposit of \$52,000 per person is due within 7 days of booking. Final payment is due 100 days prior to departure. \$200 PP EARLY PAYMENT DISCOUNT: Tour must be poid in full 10 months prior to departure date. AIRFARE CREDIT OF \$1,200 PP ECOUPLE: Based on two people booking, twin share. It cannot be redeemed for cash and is not transferable. Once air tickets are issued, airline amendment and/cancellation fees apply and in some cases are non-refundable. Flights are with Qantos. All offers are subject to availability. Flights must be booked by APT. Australian Pacific Touring Pty Ltd ABN 44 004 684 619. AIRS accreditation #A10825. All offers are subject to availability.

# bettershopping

Planning a trip to the shops? Here's a round-up of products you may like to check out



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Renowned for exceptional quality and fit, Charles Tyrwhitt offers immaculately crafted, 100 per cent cotton shirts for just \$39.95 each, plus free delivery and returns. Order now to receive a special introductory offer at ctshirts.com.au/U3AAM



#### KEEP YOUR HANDS BEAUTIFULLY SOFT AND HEALTHY

For whatever life throws your way, use all new Dettol Hand Wash. It kills 99.9 per cent of germs, whilst moisturising your hands for three hours. Choose Dettol to protect your family's health, because what you touch is precious.



# SIMPLY DELICIOUS

When it comes to entertaining, not all crackers are created equal. Waterthins has a variety of crackers to suit any entertaining occasion and can turn a cheese platter into a gourmet inspiration. With the exceptional versatility of Waterthins, inspired entertaining ideas are never far away.



#### SIT BACK AND RELAX

Combining exclusive La-Z-Boy rocker-recliner features with smooth, effortless operation, the PowerRecline XR gives you customised movement for the ultimate seating comfort. Easy-to-use buttons let you raise and lower the back and leg rest in any combination of relaxing positions. Upgrade to Power XR+ which takes your comfort to the next level with power lumbar and power-tilt headrest. Pinnacle model shown. Visit la-z-boy.com.au

#### CREATE MORE STORAGE SPACE, MINUS THE HEADACHE

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## FIGHT TOUGH STAINS FAST

Dynamo is your guarantee of exceptional stain removal. With incredible Stain Lift Technology, it lifts dirt and stains, and keeps them from re-depositing back onto your clothes – delivering a powerful clean across your whole wash.





## TAKE ON THE ROACHES

Protect your home from all roaches, not just the ones you can see, with the new Mortein Kill & Protect DIY Professional spray. Its heavy-duty formula creates a barrier to stop infestations outside the home for up to three months and inside for six months, using the same technology as professionals.



## decemberstockists

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13 14 58, anlscape.com.au **Beacon Lighting** 1300 232 266

Beacon Lighting 1300 232 266, beaconlighting.com.au

Bed Bath N' Table

bedbathntable.com.au

Better Homes and Gardens Shop bhgshop.com.au

**Bobbi Brown** 1800 304 283, bobbibrown.com.au

**Bosch Australia** 1300 307 044, bosch.com.au

**Bunnings Warehouse** (03) 8831 9777, bunnings.com.au

Citta Design (02) 9360 7904, cittadesign.com

Clinique 1800 556 948, clinique.com.au

Coates Hire 13 15 52, coateshire.com.au

Colette by Colette Hayman colettehayman.com.au

Country Road 1800 801 911, countryroad.com.au

**DATS Skip Bins** 1300 003 287, dats.net.au

**Designer Brands** 1300 765 332, dbcosmetics.com.au

Domestic Textile (03) 8888 8100, domestictextile.com.au

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3100, eckersleys.com.au

Etsy etsy.com

Flower Power 1300 376 937,

flowerpower.com.au

Freedom 1300 135 588,

freedom.com.au

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(07) 3380 6800, Vic. – (03) 8523 2154, ikea.com.au

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**Koskela** (02) 9280 0999, koskela.com.au

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Mitsubishi Electric 1300 190 923,

mitsubishielectric.com.au

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morboutique.com

**Musq** (08) 8333 1070, musq.com.au **Napoleon Perdis** (02) 8595 0911,

napoleonperdis.com

**Natio** (03) 9415 9911, natio.com.au

Nine West ninewest.com.au

**No Chintz** (02) 9958 0257, nochintz.com

**Orson & Blake** (02) 8399 2525, orsonandblake.com.au

**Papaya** (02) 9386 9980, (02) 8571

7799, papaya.com.au **Paula's Choice** 1800 608 574.

Paula's Choice 1800 608 57

paulaschoice.com.au

Pearsons Florist (02) 9550 7777,

pearsonsflorist.com.au

Poho (02) 9331 4333 pohoflowers.com.au

Porter's Paints 1800 656 664, porterspaints.com

Pottery Barn 1800 232 914,

potterybarn.com.au

**Premium Floors** (03) 9798 0808 premiumfloors.com.au

Pure Homewares 1800 308 178, swinggifts.com.au

swinggifts.com.au

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redfragrance.com.au

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rubystartraders.com.au

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**Seneca** 02 9362 3044,

senecatextiles.com.au

**Spotlight** 1300 305 405,

spotlight.com.au

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**Target** 1300 753 567, target.com.au **Top3** By Design 1300 867 333,

top3.com.au

**T2** (03) 8698 0604, t2tea.com

Vandoros Fine Packaging (02) 9966 8868, vandoros.com.au

Wallpaper Direct

wallpaperdirect.com/au **West Elm** 1800 239 516,

westelm.com.au

Wheel&Barrow (08) 8282 2100,

wheelandbarrow.com.au

Witchery witchery.com.au

Wittner (03) 9428 1900,

wittner.com.au

**Zohi Interiors** (02) 9524 2111,

zohiinteriors.com.au

Prices are approximate and a guide only

Gotta love a quilt, page 18

For quilt kit and/or accessories visit bhgshop.com.au or phone 1300 745 898. Bedroom furniture and accessories: 

Bed Bath N' Table: Morgan & Finch, Empire standard pillowcases (part of queen sheet set) in Clearwater, \$99.95. Bamboo throw, \$59.95. • Country Road: Maja cushion, \$39.95. Incy Interiors: Eden gueen bed, \$999. Aura queen white Maison quilt cover, \$199. Big Stripe sheet set, \$199. Jack side table, \$349. Arienne side table, \$349. XO and O framed print set, \$249.95. Love framed print, \$249.95. Cement house large, \$19.95. Armadillo & Co Pinwheel rug, \$365. • Pearsons Florist: flowers.

## Colour your Christmas happy,

Project supplies: Art on King; Prismacolor wax blending pencil. Derwent burnishing pencil.

Eckersley's Art & Craft: Prismacolor Premier pencils. Derwent Artist pencils. • Spotlight: Coloured card. Foam mounting tape. • Stampin' Up: Ornate Tag Topper Punch, \$28.50 • Vandoros Fine Packaging: Gift wrap and ribbons. hopping details: 

Bed Bath N' Table: Genie vase, \$5.95. Tropicana vase \$9. • Country Road: Lab placemat, \$24.95. Tam medium dip bowl, \$12.95. Tapas bread plate. Early Settler: Odisha metal table, \$99. Incy Interiors: Cement house large, \$19.95; small, \$9.95. Mini deer, \$13. Felt garlands, \$38.99. No Chintz: ceramic lamp base and shade, \$40. • Papaya: hanging timber star, \$14.95. • Porter's Paints: Porter's Original Paints Acrylic half strength in Waterburst, \$95.10/4L. Pottery Barn: Hazel Ombre Mercury vase/votive, \$24. Pure Homewares: Green Pine Cream Berry wreath, \$27.50. Marcus ceramic deer, \$7.50. Placemat, \$3.75. • Red Fragrance: red pot, \$17. • Ruby Star Traders: large foil star decoration, \$19.95. Honeycomb copper candle holder \$18.95. Copper hammered candle stand small, \$45; medium, \$55. Engraved medium copper tray, \$100. • Top 3 by design: Chilewich Imprint Rustic Gold placemat, \$45. Candles, \$14.50 and \$15.50. Vandoros Fine Packaging: paper and ribbons.

• West Elm: Riviera placemat set in Horseradish, \$20. Star sculptures, \$49-\$69. Mercury Mesh Hurricane candles, \$29-\$44. Frayed Net Table Runner, \$49. Wheel & Barrow: Frost side plates, \$7 each. Runner, \$34.95. Metal biscuit tin \$29.95/set of 3.

#### It's the most wonderful time of the year, page 33

Project supplies: 

Bunnings Warehouse: 15cm wood and wire craft figure. • Spotlight: Felt. Seed beads. Sequins. Yarn. Jo Sonja's artists acrylic paints. Papier-mâché bauble. Glitter. Shopping details: Country Road: Tam medium Dip bowl, \$12.95. Tapas bread plate in pale blue, \$14.95. Lab placemat, \$24.95. • Incv Interiors: Gold dot washable bag small, \$16.95. • Papaya: White Sky hanging pine cone, \$14.95/set of 4. Mini Fir 60cm Christmas tree, \$54.95. • Pure Homewares: battery lit White LED Star Garland, \$5.90. Green and silver glass Snowflake bauble, \$3.15. Ruby Star Traders: gold and red baubles. • West Elm: Riviera placemat set in Horseradish, \$20. Belgian linen napkin, \$12 each. ● Wheel & Barrow: White damask tablecloth 150 x 250cm, \$69.95.

Wooden it be lovely, page 38 ● Bed Bath N' Table: Red Morgan & Finch 150 x 250cm tablecloth, \$39.95. • Papaya: White Sky Barrel Star 17cm lantern, \$24.95 • Pure Homewares: Pine standing timber tree 28cm high, \$29.95. Pine standing timber Santa's helper 11-15cm high, \$ 29.95/set of 3. Nutcracker reindeer tea-light holder 15cm high, \$9.95. Partridge Standing Moose, \$6.80. • Vandoros Fine Packaging: selection of papers and ribbons. • West Elm: pierced brass lantern. \$19.95. Embroidered Dot table runner, \$49. Olivewood coasters, \$39/set.

Mix & match menus, page 58
Entrees: ● Maxwell & Williams: Cosmopolitan cutlery, 40 piece set, \$250. Mansion stemless wine glasses, 500ml, \$34.95/set of 6. Rectangular platter, sky blue rim, \$19.95. • Vandoros Fine Packaging: Ribbons and boxes. Mains: • Swing Gifts: Sparkle knife. Louis Brass silver dip knives, \$54.95/ set of 4. Silver plater. Sides: 
Swing Gifts: Kensington nickel tray with handles, \$39.95. Silver platter. Maxwell & Williams: Sky coupe plates, \$12.95 each. Pearl-handled spoon. Desserts: • Swing Gifts: Beatie Diamonte cake server, \$64.95/ set. Red and white Snowman, \$4.95.

### Enter backyard bliss, page 132

Project details: 

Australian Native Landscapes: Road base. Paving sand. Off-white cement. Brickie's sand. 800 x 400 x 50mm sawn-cut sandstone pavers. Kiln-dried sand. Quick-set concrete. Hardwood beam. **Bunnings Warehouse**: Cypress 65 x 20mm picket. 100 x 100mm H4 treated pine sleepers. • Coates Hire: Plate compactor. Jackhammer. **Dulux:** Weathershield Low Sheen Acrylic in black and white. Shopping details: Bunnings Warehouse: Ficonstone 55 x 57cm large round pot. Ficonstone small 33 x 31cm round pot. Ficonstone 40 x 44cm medium round pot.

#### Entertain with ease, page 136

Project details: 

Bosch Australia:
Power tools.

Bunnings Warehouse: Good Times modular decking system, 90mm base frame, \$65; 150mm support foot, \$18;

70mm support leg, \$23. Support head, \$22. 137 x 23mm Ekodeck Composite Decking, \$61.83/5.4m. 85mm galvanised batten screws, \$19/pk50. 75mm galvanised batten screws, \$16.68/pk100. 30mm hex head screws, \$3.97/pk10. Camo Marksman Pro screw guide. Camo 7g x 48mm trimhead screws, \$69/ pk350. 190 x 45mm treated pine, \$10.19/m. 140 x 45mm treated pine, \$7.72/m. 90mm spotted gum decking. 1800 x 900 x 15mm compressed fibre cement sheet \$90.56. 150mm galvanised batten screws, \$15.10/pk25. 50mm stainless steel decking screws, \$65.90/pk500. • Dats Skip Bins:
Rubbish removal. Shopping details:
• Bunnings Warehouse: Matador Boss 6-Burner Built-in BBQ, \$799. Matrix orbit charcoal screen panel, \$99. Coolaroo Extreme 5 x 3m shade sail, \$168. Mimosa 7-piece setting, \$1300.

#### Welcome summer in, page 144

Tribal ways, page 146. Living room: • Etsy: Similar Navajo inspired cushions and rugs. • Seneca: Footstool fabric Osborne & Little Lorca Amerindia Collection Mohawk MLF2203-02. • Wallpaper Direct: Albany range Bricks 226713 wallpaper. Storage fiesta, page 150. Living room: Domestic Textile: Selected cushion cover fabrics: Scion Levande Fabrics Hetsa in 120370, Scion Levande Fabrics Cykel 120387 (bike), Scion Plains One in Wagtail and Aqua. • IKEA: Hemnes glass door cabinets with cupboards and glass doors with 3 drawers below, from \$399. Dining area: • Domestic Textile: Scion Levande Saldo in Acid/ Pumice/Marine wallpaper. • IKEA: Ribba frames. Hallway: • Domestic Textile: Scion Levande Cykel in Tangerine/Sulphur/Coal wallpaper. • IKEA: Hemnes four-compartment shoe cabinet, \$179.

#### Entry matters, page 154

Project supplies: • Bunnings Warehouse: Clever Cube storage unit 1 x 4, \$52.25. Clever Cube water hyacinth natural inserts (baskets), 32 x 32 x 35cm, \$19.90 each. Structural CD plywood, 2400 x 1200 x 12mm, \$46/sheet. Cabot's Water Based Stain and Varnish in Walnut. Leggz round plain wooden furniture legs, 735mm (cut to 364mm), \$14.20 each. Leggz 5/16" zinc vertical leg plates, \$3.20 each. Scotch permanent mounting tape, \$11.40. Decorative frost film (used on glass by front door), \$12.35/roll. • Dulux: Wash & Wear +PLUS Super Tough Low Sheen in Domino (used on door and surrounds) and Sea Drifter (used in alcove). • Kmart: Wooden building blocks (used as wall hooks), \$12/ pack. Shopping information: Ocuntry Road: Wells tall basket in Black. \$59.95. • Hermetica Flowers: Plant pot in Blue, \$20. • IKEA: Nipprig seagrass beach bag, \$6.99. Orson and Blake: Berlin ottoman in Beige, \$795. • West Elm: Faux Shagreen tray, \$129. Midcentury marble and wood boxes; small \$59; large \$71. Marble and gold chair link, \$49. Linework short shoulder vase in Saffron, \$29. Linework vases diagonal line in Blue Lagoon, \$29.

Get square, page 159

Project supplies: 

Bosch Australia:
Power tools.

Bunnings Warehouse: 138 x 18mm primed pine, \$7.32/m. 92 x 18mm bullnose architrave, \$13.07/5.4m. 50mm wood screws, \$7.73/pk50. Timbermate wood filler, \$8.96/250g. Acrylic gap filler, \$1.97/475g. • Dulux: 1 Step Primer Sealer Undercoat, \$39.90/1L. Super Enamel semi gloss, \$86.75/4L. Wash and Wear low sheen acrylic, \$72.90/6L. Shopping details: • Adairs: Vintage washed linen cushion in Teal. Aberdeen cushion in Coal, \$59.95. Pastels II white framed artwork. \$299.95. • Freedom Furniture: Carison stripe cushion, \$34.95 IKEA: Byholma/Marieberg armchair, grey, Laila natural, \$195.99.

Trend spotting, page 162
Bed Bath N' Table: Caspian hand towel in Mint, \$14.95. Caspian bath towel in Mint, \$39.95. Flower Power: Nephrolepis Boston hanging fern, \$14.95. • Musq: Coconut and lime candle, \$56. • Stylist's own: All other items.

#### Knot & stitch, page 172

Project supplies: Macramé: Bunnings Warehouse: Porta 16mm x 1.8m Tasmanian oak dowel, \$6.49, 240m roll x 7mm cotton sash cord, \$149. Cross-stitch: Spotlight: 4 Seasons Superwash merino 8ply (50g), \$6.99. Birch tapestry needles, size 22, \$2.49. Denim cotton indigo, 150cm wide, \$16.99/m. Renoir stretched canvas panel, 24 x 24inch, \$14.40. Shopping details: • Adairs: Soho occasional console table, \$499.95. Freedom Furniture: Eccentric table lamp in Tea/Timber, \$159.95. Glazed vessel in Yellow, \$19.95. Connor vessel in Lagoon, \$34.95. Cross deco statue in Marble, \$39.95. Mediterranean Markets: Butterfly chair white frame with white cover, \$380. Orson and Blake: Dot embroidery cushion in Charcoal and Natural, \$95. • Poho: Flowers. • T2: Scribble glass tumbler,

## Bling it on! - page 186

 Ron Chudy Jewellery, Beadhouse and Castings: Crystals, beads, split rings, hooks and other jewellery making supplies.

\$16.01. Scribble tea for one, \$55.

#### Now for the fun part, page 233 Tree display shelf, page 234:

Bunnings Warehouse: 92 x 11mm dressed pine, \$2.29/2.7m. 900 x 600 x 3mm MDF panel, \$3.50 each. 30 x 2mm bullet head nails, \$4.20/100g. Timbermate wood filler, \$8.96/100g.

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VISIT

## NEVER SAY DIE

You have to wonder that in this day and age of blink-and-you-miss it technological advancement, where we are all tuned it to a lightning fast grid of communication and consumerism in a world that never sleeps, why we still endure this less than convenient experience in the human condition.

It simply isn't practical to grow old. Certainly, it's not practical to suffer with illnesses – cancer, heart disease, and diabetes. Nor is it to fall into disrepair – to break your hip, to lose your eyesight. Our society requires energy; it thrives on trends, on what's right this minute. It's about having your finger on the pulse, not about feeling if one still exists.

Ageing and death really are so passé. I mean are we all still even doing it? It's a good question. One look at Jennifer Lopez's 45-year-old arse and you've got to wonder if she doesn't have some secret that we all don't know about.

It's entirely possible that she does. And, that a whole host of other fortunate people 'in the know' are accessing advanced technologies. What we are talking about is stem cell treatment and the phenomenon of Pluripotent Cellular Regeneration. It might sound like something out of a sci-fi movie but it's not that far

flung as you might imagine. In fact, it's always with you. It all exists just under your skin, the building blocks of your biology. Results of scientific studies in-

Results of scientific studies in volving animals and stem cell treatments are enlightening. In a fairly recent publication of Nature Communications; Mitra Lavasani, et al. (2012) conducted an experiment involving fast-aging, genetically engineered mice at the Institute for Regenerative Medicine in Pittsburgh.

The engineered mice have an expected lifespan of twenty-one days. Prior to the mice reaching their predicted maximum life span an injection was delivered. The elderly mice lived approximately seventy days – three times more than their normal lifespan. In human terms, this would be equivalent of an 80-year-old living to be at the age of 200.

Such studies denote a strong relationship between stem cells and the effects of ageing and have lead relevant bodies such as The Institute of Medical Technology (IMT) to seek edification. Can we as humans maintain (or even eliminate) our decline. Can we remain eternally youthful via stem cells?

In human terms, this would be equivalent of an 80-year-old living to be at the age of 200

IMT, at the forefront of research on the subject matter, has discovered revolutionary implications relating to a particular variety of stem cell. Pluripotent stem cells – the most powerful stem cells available in the field of regenerative medicine. Pluripotent stem cells can differentiate into all cells/tissues within the human body making it the most ideal stem cell therapy product for full body rejuvenation.

Pluripotent stem cells are the predominant source of stem cells from our inception until our teenage years. From then on, our pluripotent stem cell population declines. They turn into adult stem cells. Recovery from injuries sustained as a child or a teenage is accelerated, leaving little to no scars; whereas an adult sustaining comparable injuries will not have the same benefits; such as a rapid rate of recovery or minimal scarring.

What we are talking about here is Pluripotent Cellular Regeneration. And, I am calling out JLo out on this, Tom Cruise as well.
He certainly has something to always smile
about. Life has to be easier when you know
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#### Margot

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This project marks the beginning of our long-term commitment to bring visibility to 40+ women.

## **SHOPPING LIST**

"In my previous (corporate) life, I mainly wore black trouser suits. Now I wear colour, flowing things and dresses."



## **FINISHING TOUCHES**



Style means: In my previous (corporate) life, I mainly wore black trouser suits. Now I wear colour, flowing things and dresses... 99



# "I'm proud of... the woman I've become."

- Helen, Sydney



## SHOPPING LIST

"I've always loved fashion.

My style has changed
with my age, but my
passion has never faded."



## **FINISHING TOUCHES**



## Let's Celebrate Real Women

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## LE-ELLEN, 55, CAIRNS

A serious horse riding accident in her 30s wasn't going to hold Le-Ellen back from learning to ride a motorcycle. "I was so pleased with myself the day I got my motorbike licence" beams Le-Ellen. With an active lifestyle, this mum and grandmother from Cairns opts for clothing that makes her feel comfortable. "I dress to suit lifestyle, climate and activity," she says. Le-Ellen feels lucky to be a part of the Seeing Me Project admitting "I have been up in the clouds since that first phone call. I've had a wonderful time!" Her message to other women is, "Follow your instincts; be as kind to yourself as you would to others."

> 61% of women feel younger than their mum was at their age

My life, family, home, friends, and work.

- Le-Ellen, Cairns

## **SHOPPING LIST**

"My style has always been modern; I try to wear clothing that is flattering."







## Introducing the 'Seeing Me Project'

The 'Seeing Me Project' is a celebration of the Millers woman. It marks the beginning of our long-term commitment to bring visibility to all the amazing 40+ women. It is a digital community hub that will evolve over time. It currently features a casting call section where you can apply to be a Millers model, research into hot topics, interviews, behind-the-scenes footage and photo shoots, and our inspirational 'Amazing You' video.

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